
ILLINOIS GASTROENTEROLOGY INSTITUTE

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NU-LYTELY PREPARATION INSTRUCTIONS

A. DAY BEFORE YOUR COLONOSCOPY:

Clear liquids ALL DAY (below) NO SOLID FOOD NO ALCOHOL

FOOD ALLOWED:

BEVERAGES:	Regular or Decaffeinated Tea or Coffee (Taken WITHOUT DAIRY PRODUCTS OR DAIRY SUBSTITUTES). Any carbonated beverages. Kool-Aid (all flavors except red) Gatorades and sport drinks (except red) Fruit Juices: Apple, Cranberry, Grape, Cranapple (red cranberry juice is okay)
DESSERTS:	Jell-O (NO RED JELL-O — DO NOT ADD FRUIT, VEGETABLES OR DAIRY PRODUCTS.)
MISCELLANEOUS:	Popsicles (Plain, not creamy or fruity, except red) Sugar Honey Fat Free Broth or Bouillon Sherbet (no red)

Drink an extra 8 ounces of clear liquid every hour from 10:00 a.m. to 5:00 p.m. **GATORADE IS BEST.**

6:00 pm Mix Nu-LYTELY powder according to the directions on the container and drink 8 ounces.

Drink 8 ounces of prep solution every 10 minutes until about ¾ of the solution is consumed.

Place remainder of solution into the refrigerator.

9:00 pm Drink 8 ounces clear liquid.

10:00 pm Drink 8 ounces clear liquid.

You may apply a petroleum based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools.

B. THE DAY OF YOUR COLONOSCOPY:

NO SOLID FOOD NO ALCOHOL

◆ **Beginning 5 hours before your scheduled procedure time, drink the remaining Nu-LYTELY solution.**

Drink 8 ounces of prep solution every 10 minutes until the remainder of the solution is consumed.

You may continue to drink clear liquids until 4 hours before your scheduled procedure time.

◆ Have nothing to eat or drink for 4 hours before your procedure.

Heart medications, blood pressure pills and medications for lung problems may be taken with small amounts of water the morning of the procedure. Other medications may be taken after the procedure.

Please notify the doctor if:

- ◆ You are taking Coumadin, aspirin, or arthritis medication. These medications need to be discontinued 4 days before this procedure. If you have a history of heart attack, stroke, or blood clot, stopping medications may be up to the discretion of the prescribing physician.
- ◆ You eat products containing “Olestra” or “Olean.” These products are found in some snack foods such as potato chips and other fat-free foods. These need to be stopped one week before your procedure.
- ◆ You have a defibrillator.

After the procedure you may eat your usual diet unless otherwise instructed. Drink 8 ounces of liquid at least 6 times after the procedure and before retiring for the night.

Your driver should remain in the waiting room during your procedure.

If a biopsy is done, you will be notified within 14 days. If you have not been notified please call our office at (309) 672-4980 after 14 days.