



**NuLyteLy – Preparation for Colonoscopy**

Name \_\_\_\_\_ Date \_\_\_\_\_ Arrival Time \_\_\_\_\_

Physician \_\_\_\_\_ Location \_\_\_\_\_

- DO NOT TAKE PHENTERMINE FOR 7 DAYS DAYS BEFORE YOUR PROCEDURE
- DO NOT TAKE IRON FOR 5 DAYS BEFORE YOUR PROCEDURE
- IF YOU TAKE ASPIRIN DAILY, DO NOT STOP IT BEFORE YOUR PROCEDURE
- DO NOT SMOKE ON THE DAY OF YOUR PROCEDURE, INCLUDING SMOKING TOBACCO, ELECTRONIC CIGARETTES, MARIJUANA, CIGARS, AND/OR PIPES

Special Medication Instructions: \_\_\_\_\_

**DAY BEFORE EXAM \_\_\_\_\_**

Mix NuLyteLy with lukewarm water up to the “Fill Line” as indicated on container. Shake well and place in refrigerator. Begin clear liquid diet.

***On your clear liquid diet you may have:***

***Coffee (no cream)***

***Tea***

***Clear fruit juice (apple/white grape)***

***Soft drinks (not red or purple)***

***Popsicles (not red or purple)***

***Water***

***Jell-O (not red or purple)***

***Gatorade (not red or purple)***

***Lemonade (no pulp)***

***Clear broth (chicken or beef)***

**4:00 pm:** Drink 1 (8 oz) glass of the NuLyteLy every 10 minutes until you have had 10 glasses. Drink each glass quickly. Refrigerate the remaining solution.

**DAY OF EXAM \_\_\_\_\_**

At least 4 hours before your arrival time, finish drinking the last 6 glasses of solution, in the same manner, to complete the container.

Moistened wipes will help prevent irritation from frequent wiping.

- DO NOT DRINK ANY LIQUIDS FOR AT LEAST 2 FULL HOURS BEFORE YOUR ARRIVAL TIME
- YOUR DRIVER MUST STAY AT THE CENTER FOR YOUR ENTIRE APPOINTMENT

**Call nursing at (919)791-2040 with any questions.**

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