

GoLYTELY / NuLYTELY INSTRUCTIONS

PLEASE READ ALL INSTRUCTIONS AHEAD OF THE PROCEDURE DATE.

CALL OUR OFFICE IF YOU HAVE QUESTIONS / CONCERNS: 985-446-1958

You will need to get your prescription filled at the pharmacy ahead of time.

Please disregard the instructions with your kit and follow the instructions on this page instead.

2 days prior to procedure	1 day prior to procedure	Day of procedure
No nuts or seeds	Start Clear Liquid Diet & Begin Prep	Arrive at scheduled time

DIET

Two days before your procedure, do not have any nuts or seeds as they are digested slowly.

The day before the procedure, remain on a clear liquid diet all day.

This includes any liquid, which when held up to a light, can be seen through.

Examples:

- Broths and Bouillons
- Fruit Juices (apple, grape, white cranberry, tang, strained lemonade / orange juice)
- Beverages such as coffee (NO milk/creamer), tea, carbonated beverages (soda/cola)
- Dessert such as popsicles, Jell-O, honey, syrup

****No liquid that contains RED or PURPLE dye is allowed.****

Do not eat/drink anything after midnight the night before your procedure except as instructed below:

PREPARATION

The morning before your procedure, fill the bottle of laxative powder up with water and refrigerate it.

DOSE #1: 5:00 PM THE EVENING BEFORE YOUR PROCEDURE

1. Begin drinking 8 oz of solution every 15 minutes **over the next 2 hours** (total of 8 glasses of solution). Drink the liquid slowly to prevent nausea.

DOSE #2: _____

1. Drink 8 oz of solution every 15 minutes **over the next 2 hours** (total of 8 glasses of solution). Again, drink the liquid slowly to prevent nausea.
