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## 2 DAY NULYTELY® / GOLYTELY® BOWEL PREPARATION

Your efforts at cleansing your colon are essential for an accurate and safe procedure. The instructions provided below are designed to maximize the ease, safety and success of your preparation. **If you believe your prep has not been effective please inform the nurse and physician prior to the procedure.**

### Purchase the following at the pharmacy

- NuLytely® or GoLytely® kit (prescription provided). **Do not follow the dosing instructions with the kit but rather those instructions below.**
- 1 bottle of Magnesium Citrate (over the counter)
- Optional: Plain or aloe Baby wipes (minimizes bottom irritation)
- Optional: Desitin or A&D ointment (minimizes bottom irritation)

### 2 days before the procedure

- Eat only a clear liquid diet throughout the day. No red or purple liquids. Avoid all solid food, dairy products and juices with pulp. Examples of clear liquids can be found on the reverse side (page 2). **Drink as much fluid throughout the day.**
- 4:00 p.m. – Drink bottle of Magnesium Citrate.
- Continue clear liquid diet.

### Day before the procedure

- Continue clear liquid diet.
- Morning – Mix prep according to the kit instructions and then refrigerate
- 4:00 p.m. – Begin drinking prep. Drink 8 oz every 10 minutes. If moderate to severe abdominal discomfort or distension occur, stop drinking temporarily or drink each portion at longer time intervals until symptoms disappear.
- Continue clear liquid diet.

### Day of procedure

- You may take necessary medications with small amount of water.
- You may continue clear liquid diet until 3 hours prior to your procedure.
- **DO NOT TAKE ANYTHING BY MOUTH 3 HOURS PRIOR TO YOUR PROCEDURE TIME.**

**Please drink plenty of clear liquids throughout the day to prevent dehydration. You may have clear caffeinated beverages; however please do not make these a majority of your liquids.**

## CLEAR LIQUID DIET

Apple juice

Cranberry juice (okay because it is naturally red)

White grape juice

Propel fitness water (any flavor)

Gatorade (no red or purple)

Tea

Coffee. No cream or dairy products added.

Chicken or beef broth (strained)

Jell-o (no red or purple)

Popsicles (no red or purple)

**You may have clear liquids with caffeine. However, please do not make it the majority of your liquids.**