

# NULYTELY SPLIT PEG PREP

## Patient Instructions

### **BEFORE YOUR EXAM:**

You will need to purchase these items from your local pharmacy at least 2 days prior to your appointment.

- **2 Dulcolax (Bisacodyl) tablets (no prescription needed).**  
These tablets may be included with your prep prescription. If, not the tablets need to be purchased.
- **Nulytely prep**  
A prescription is required and has been sent to your pharmacy.

### **THE DAY BEFORE YOUR PROCEDURE**

**When you wake on \_\_\_\_\_ (day) \_\_\_\_\_ (date), begin clear liquids only – no solid foods may be eaten until after your procedure has been performed/completed.**

You may consume the following items:

- Coffee, water, or tea. **(We agree it's odd, but coffee and tea without milk or creamer is considered a clear liquid)**
- Clear carbonated beverages (soft drinks), ginger ale, sprite, etc. **No "Energy" beverages.**
- Gelatin dessert, (JELLO) plain or fruit flavored. **No red or purple coloring.**
- Apple juice, white grape juice, or cranberry juice. **No pulp, no orange juice.**
- Gatorade, Powerade, lemonade, or limeade. **No red or purple.**
- Clear, fat-free, beef or chicken broths, or bouillon.
- Snowballs, popsicles, slushes. **No red or purple coloring, no pulp.**
- Clear hard candies, sugar, salt.
- **Avoid any liquids not listed above.**

- **12:00 PM (noon, the day before exam)**  
Take 2 Dulcolax (Bisacodyl) tablets with a glass of clear liquid.
- **6:00 PM (the day before exam) before drinking the Nulytely prep. (Best if refrigerated)**
  1. Add cool water to mixing container up to the fill line and mix.
  2. Drink **HALF** of the mixture in the container. (68 ounces = 8-1/2 cups)
  3. You may refrigerate remaining half for the prep until ready to use the next morning.  
***Please have this consumed within 1 hour and 30 minutes. ---VERY IMPORTANT---***  
**This entire process is required for the success of the examination.**  
\*It may be beneficial to drink the prep from a cup with a lid using a straw

**Clear liquids may be continued until you finish the second portion of the prep, on the morning of your procedure. This will help you remain hydrated.**

### **THE MORNING OF YOUR PROCEDURE: You will complete the second portion of your prep.**

Take the second portion of the prep at: Time: \_\_\_\_\_, Day \_\_\_\_\_, Date \_\_\_\_\_.

- You will repeat step 2, that was done the previous evening.
- 2. Drink second **HALF** of the mixture in the container. (68 ounces = 8-1/2 cups)  
***Please have this consumed within 1 hour and 30 minutes. ---VERY IMPORTANT---***  
**This entire process is required for the success of the examination.**  
\*It may be beneficial to drink the prep from a cup with a lid using a straw.

**After you complete the second half of your bowel prep, you may not have anything else by mouth except for your medications, with a small sip of water.**

***Please follow these instructions to ensure you have a very good prep –  
The goal is for stool to be liquid in consistency and it should be clear or yellow.  
Avoid having to repeat the procedure due to a poor prep!***