PREP 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.
- 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!*