



NuLytely:

Two (2) Days Prior to Procedure:

Please avoid high fiber foods, seeds, and nuts.

Make sure you have your prep prescription filled and picked up from the pharmacy. If there are any issues with obtaining your prep, please call our office immediately (843) 571-0643.

YOU WILL NEED TO PURCHASE THE FOLLOWING (NON-PRESCRIPTION) ITEMS: Gas-X Extra Strength

Magnesium Citrate: You will need to purchase One (1) 10oz bottle of lemon- OR lime-flavored magnesium citrate from your local pharmacy or drug store. This is sold over the counter (no prescription needed) and located near the laxatives. If you have kidney failure or receive dialysis, please notify your physician prior to taking this medication.

Day Before Procedure:

NO SOLID FOODS THE DAY PRIOR TO YOUR PROCEDURE!

Only clear liquids are to be consumed until your procedure is completed.

Acceptable clear liquids: water/ice, coffee, tea, clear fruit drinks, crystal light, Gatorade, carbonated soda, Jell-O (plain, no fruit added), apple juice, chicken broth, or white grape juice.

Do not have anything with red, pink, or purple coloring.

Do not have milk, cream, or powdered creamer.

1. At 12:00 noon, begin drinking 10oz. bottle of magnesium citrate (green or clear bottle only).
2. At 4:00 pm, you will drink half of the bottle of NuLytely. Begin drinking 8 ounces of NuLytely every 15 minutes until you have consumed half of your container and refrigerate the rest.

No food or drink after midnight.

**** Once you have completed the bowel prep, please take two (2) Extra Strength Gas-X.****

Morning of Procedure:

NOTHING TO EAT OR DRINK UNTIL AFTER YOUR PROCEDURE (Except 2nd dose of prep 6 hours prior to procedure)

Six (6) hours before your procedure, drink the remaining bottle of NuLytely. The remaining dose must be consumed within 1 hour. All liquids must be stopped 3 hours before your procedure.

**** Once you have completed the bowel prep, please take two (2) Extra Strength Gas-X.****

Take medications for high blood pressure, seizures, heart disease and/or anxiety, inhalers and aspirin as prescribed with a sip of water unless instructed otherwise. All other medication should be held.

If on current antibiotics or have been sick recently (cold, cough, pneumonia, flu) please call 843-571-0643

If diabetic, do not take your medication(s) until you resume a regular diet.