

Nulytely Spilit bowel prep Instructions. (Dr Singh)

- 1. Seven days before the procedure no nuts, seeds or popcorns**
- 2. Day before the procedure: Please take only clear liquid diet. No solid food.**

On day before the procedure

- 3. Mix Nulytely mixture by adding lukewarm drinking water to the top line on Nulytely bottle. Cap the bottle and shake it well to dissolve the powder. The mixed solution will be cleared and colorless. Keep solution refrigerated. The total mixture should be 4 liters.**
- 4. At 6PM drink 8 ounce every 15 minutes for the next 3 to 4 hours until you have finished 3 Liters.**
- 5. On the morning of day of procedure drink the final liter of the prep. Please start at least four hours before the procedure scheduled time and finish it within one hour. You can also take the morning medications at least three hours before the scheduled procedure.**
- 6. Do not drink or eat anything at least three hours before the procedure.**

Clear liquid diet all day: Clear liquids include: Water, lemonade/Gatorade, liquid broth/bouillon, popsicles, black coffee, sodas, apple/grape/white cranberry juice, gelatin (not red colored), sorbet.

THESE ITEMS ARE NOT ALLOWED : Milk, Cream, Milkshakes, Tomato juice, Orange juice, Cream soups, Any soup other than the listed broth, Oatmeal, Cream of Wheat, Grapefruit juice or any solid food

A FEW POINTS The better the quality of your preparation, the more likely your physician will be able to see polyps. Some polyps that contain cancer can be small and can hide in any of the numerous folds in the colon. *An inadequate preparation often results in needing an earlier repeat exam or chance of missing the polyps than would normally be required*

Please bring a list of your current medications and correct dosage to your appointment. **NO DRIVING** – Because of the sedatives that you will be given you cannot drive for the remainder of the day. You may use a taxi after the procedure. You must have someone present to drive you home after the procedure or we may cancel your exam. You will be sedated for your procedure. Please plan to avoid making important decisions for the remainder of the day after your procedure. We cannot be responsible for your valuables. Please leave them at home. If you are vomiting up your prep medicine, have not had any bowel movements on the day of procedure, or your bowels are not clear, please call 6232264025

