

Nulytely / Golytely Preparation for Colonoscopy

FOLLOW ALL STEPS COMPLETELY or your doctor may not be able to complete the exam.

1. Fill the enclosed prescriptions at the pharmacy.
2. **Purchase 2 Bisacodyl (Dulcolax) tablets. These can be purchased at any pharmacy OVER THE COUNTER.**
3. **5 days before to your colonoscopy** do not eat nuts, seeds, corn and stop any vitamins or supplements.
4. The day before your exam you may have **CLEAR LIQUIDS ONLY.** **DO NOT HAVE ANY FOOD, ALCOHOLIC BEVERAGES, CREAM OR MILK PRODUCTS.**
5. **Please cease all medicinal and recreational smoked or vaporized cannabis (weed) 12 hours prior to surgery. Ingested cannabis or CBD oil must be stopped 8 hours prior to surgery.**

What's considered a "clear liquid"?

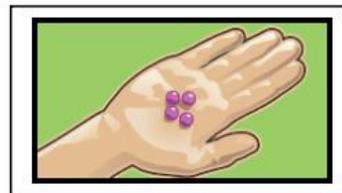
A clear liquid is any beverage you can see through. Please avoid red or purple colored liquids. No cream, milk or pulpy juices are permitted. Examples:



Step 1: At 4 PM the day before your exam. Mix your bowel prep solution by tearing off one flavor packet of your choice and add it to the container. Then add water to the "fill line" on the container. Put the lid back on the container and shake it to dissolve the powder. Put it in the refrigerator so that it can chill.



Step 2: At 4 PM the day before your exam. Take (2) Dulcolax (bisacodyl) tablets with water. Do not crush or chew the tablets. Do not take an antacid within 1 hour of taking the laxatives.



Step 3: At 6 PM the day before your exam take 1 pill to prevent nausea that was prescribed and drink ½ of the solution. You will need to finish it within 1 hour. Place the remaining solution back into the refrigerator. You may continue with clear liquids until midnight.



Step 4: At ____ AM the day of your exam take 1 pill to prevent nausea that was prescribed and drink ½ of the solution. You will need to finish it within 1 hour. NOTHING BY MOUTH, not even water, until after the exam. No smoking, tobacco use, or marijuana before procedure.

