

**COLONOSCOPY INSTRUCTIONS**

**NULYTELY TWO DAY PREP**

Colonoscopy requires introduction of a scope (long flexible tube with a light) into the large bowel. For a colonoscopy examination, it is essential that your large intestines be free of feces. Good bowel prep is very important for the test. **Do not eat any salads, fruits or vegetables on the day before the colonoscopy.** After your bowel prep, your bowels should be a clear yellowish fluid. It may take 2-4 hours for the prep to start working. **You will move your bowels at least 8-10 times.** If not, please call the doctor's office. It is very important that you follow the instructions carefully. If you have any questions about the instructions, please call our office.

**1. TWO DAYS BEFORE THE TEST:**

Have a regular diet. Take one bottle of Magnesium Citrate at 7:00 PM.

**2. ONE DAY PRIOR TO THE TEST:**

- Take two Dulcolax tablets at 8:00 AM.
- Clear liquid diet all day. No salads, fruits or vegetables.
- At 1:00 PM, start Nulytely, one cup every 15 minutes until finished.

**3. ON THE DAY OF EXAMINATION:**

**DO NOT** eat or drink anything after midnight on the evening prior to the test. (If exam is scheduled for after 11:00 AM, you may have clear liquids prior to 7:00 AM).

**4. YOUR APPOINTMENT:**

DATE & TIME: \_\_\_\_\_

PLACE: Twin Rivers Endoscopy Center  
Roseberry Surgery Center/St. Luke's Warren Hospital  
Easton Hospital SPU

**You will not be permitted to drive after the test. Please make arrangements for someone to drive you home. Please call the office for any questions.**