

COLONOSCOPY INSTRUCTIONS

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(NULYTELY)

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. THE DAY PRIOR TO THE TEST:

- Do not eat any salads, fruits or vegetables.
- Have a regular breakfast and light lunch. After lunch, begin a "clear liquid diet" like soda, apple juice, broth or jello. **No red or green jello.**

2. DO THE FOLLOWING THE DAY PRIOR TO THE TEST:

- Prepare "Nulytely" liquid as per instructions on the bottle at about 3:00 PM, then store in the refrigerator.
- At 4:00 PM, start drinking one cup of "Nulytely" every 10 to 15 minutes. Try to finish in 4 to 5 hours. It is easier to drink if kept cold.
- It takes anywhere from 2 to 4 hours for bowel prep to be effective. You will move your bowels at least 8 to 10 times and they should be like clear fluid.

3. ON THE DAY OF THE 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 & APPROXIMATE ARRIVAL TIME (FACILITY WILL CALL THE DAY BEFORE YOUR PROCEDURE WITH THE EXACT TIME FOR YOU TO BE THERE):

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 with any questions.