

EGD & COLONOSCOPY INSTRUCTIONS
(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. After your bowel prep, your bowels should be a clear yellowish fluid. 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:

- Clear liquids all day like apple juice, soda, broth.
- 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, 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 2:00 PM, then store in the refrigerator.
- At 3:00 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.

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 River Endoscopy Center
Roseberry Surgery Center
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.

(Revised 6-12)