

Nulyte Prep (Split dose)

Colonoscopy prep causes the body to lose significant amount of fluid and can result in sickness due to dehydration. It's important that you **prepare** your body by drinking extra clear liquids before starting the prep. Stay hydrated by drinking all required clear liquids during the prep. Continue to drink fluids immediately following your procedure.

The day before your procedure, No Food:

- **Clear Liquid Diet Only**

See **Clear Liquid Diet** on back of this sheet.

If possible drink up to 8 ounces of clear liquids every hour before starting your prep.

This is necessary to ensure adequate hydration and an effective prep.

- **By 10 Am**, choose a flavor packet and add it to the four liter bottle. Shake container to adequately mix the flavor packet with the powder. Add water to fill line. Shake well until the powder has dissolved. Do not add anything else to the solution. Refrigerate until time to start prep.
- **At 6 Pm**, start your prep. Drink an eight ounce glass of the solution every 10 minutes until **half** of the four-liter bottle is consumed.

You can continue with clear liquids until you go to bed.

The day of the procedure: (6 hours prior to procedure)

- At _____ begin drinking the other **half** of the solution in the four liter bottle. Drink an eight ounce glass every 10 minutes until the solution is completed. * _____*

Stop drinking fluids Three (3) hours prior to your procedure.

**All preps may cause abdominal cramping, nausea and vomiting. If you experience any of these common symptoms, please follow these instructions.

1. At your office visit, you were given a prescription for phenergan, if nausea/vomiting occur take the phenergan as prescribed and wait 30 minutes before restarting your prep. You may choose to take the phenergan 30 minutes prior to beginning the prep.
2. Slow down drinking the prep. Nausea and cramping may be relieved simply by slowing down your prep.
3. If you vomit: Stop drinking, wait 30 minutes then restart the prep and drink it at a slower pace.