** You will need a prescription to purchase Nulytely at the pharmacy **

Two Weeks Before Procedure:
- If you take blood thinners or diabetic medicine or insulin, consult your primary care physician for dose adjustments that will be needed before your colonoscopy since you will not be eating solid food the day before your test.
- Iron pills must be stopped one week before your procedure.
- Also, please be aware that blood thinners are usually stopped 5 days prior to your test (with permission from your primary care doctor).

Three to Five Days Before Procedure:
- OMIT ALL FRUITS, VEGETABLES, WHOLE GRAINS, SEEDS AND NUTS FROM YOUR DIET

Day Before Procedure:
** No matter what time of day your procedure is, please follow these instructions carefully **
- Only clear liquids may be consumed. Do not eat solid food of any kind.
- Clear liquids are any liquids which can be seen through, such as: water, apple juice, broth, Jello or popsicles (NO RED FLAVORS), black tea or coffee, or sodas. Please avoid all liquids containing red dyes. Crystal Light may be added to prep if desired (NO RED FLAVORS).
- It is very important to increase fluid intake to prevent dehydration.
- Mix prep as directed, shake well, and keep chilled.
- Please finish the laxative solution.

Day Before Procedure Between 1 pm and 5 pm (Please follow these instructions. Product directions may differ):
** Only clear liquids can be consumed. Do not eat solid food of any kind! **
- Begin Nulytely, Colyte or generic equivalent.
- Drink 8 oz every 15 to 20 minutes until the bottle is consumed. If Nauseous, take a break then resume.
- If unable to resume laxative or if you are not clear (passing yellow or see through liquid stool in toilet), please call your GI doctor or call 617-983-7000 to have the BWFH operator page them.
- Continue drinking clear fluids.
- To prevent irritation, Vaseline application to anal area after each evacuation may be helpful.

Only clear liquids 4 hours before any procedure.

Day of Procedure:
- Patients taking beta blockers such as Metoprolol or Atenolol, or medicines for a seizure disorder, should take their medications as prescribed on the morning of the exam with a small sip of water.
- Arrive 1 hour before your scheduled exam time (for 7 am exams, arrive 30 minutes early at 6:30 am).
- You will be discharged approximately 3 hours after arrival time. In order for your procedure to be performed, you must arrange for a responsible adult to meet you at the Gregory Endoscopy Center to sign you out and either drive you home or accompany you in a taxi/Uber/on public transportation (adult cannot be the taxi/Uber driver). You cannot be discharged until your ride arrives.
- Please bring your card if you have a pacemaker or defibrillator.

** Your stool should be clear/yellow by the end of your prep. If not, please call the office at 617-983-7120. **