

NuLYTELY/GoLYTELY/GaviLyte-C: Bowel Preparation Instructions

You will need to obtain a bowel prep kit (prescription required) which includes:

- 1 (one) NuLYTELY/GoLYTELY/GaviLyte-C 4 liter mixing bottle containing prep powder.
- Various flavor packs

**Day Before Procedure
Start Clear Liquid Diet**



**Day Before Procedure
Prepare Prep Solution**



**Evening Before
Procedure
Drink ALL of the
Prep Solution**



**6 Hours Prior to
Procedure
Stop Drinking**

One day before your colonoscopy: Start a clear liquid diet.

No solid food starting when you wake up the day before your procedure.

The day before your colonoscopy: Prepare the bowel prep solution.

- Pour **ONE** (1) of the flavor into the mixing container (Optional).
- Add lukewarm drinking water to the top line on the mixing container. Cap the bottle and shake to dissolve the powder. The mixed solution will be clear and colorless. The reconstituted solution should be kept refrigerated.

At 4 pm on the evening before your colonoscopy:

- Drink **ALL** the liquid in the container. Drink 1 (8 oz.) glass every 10 to 15 minutes. Rapid drinking of each glass is better than drinking small amounts continuously. If you have severe bloating, abdominal fullness, nausea, or vomiting, stop drinking the solution temporarily or increase the interval between glasses until these symptoms disappear.
- You should continue to have clear liquids of your choice until six hours before your procedure.

Six hours prior to your colonoscopy: Stop drinking and have nothing more by mouth.

IF YOU DO NOT STOP DRINKING (6) SIX HOURS BEFORE YOUR PROCEDURE, YOUR PROCEDURE MAY BE CANCELLED.

A list of frequently asked questions is available at www.agcosprings.com

A nurse is available for questions Monday through Friday from 8am-4pm. Call 785-3500 press option 2.