

PREP INSTRUCTIONS

NuLYTLEY-GoLYTLEY Prep

Warning: Prior to starting Prep, please be aware of strict diet instructions. It is required to begin a low fiber diet 2-3 days prior to your procedure. A liquid diet is REQUIRED a day before the procedure, NO solid foods to be consumed. No food or drink after midnight the night before procedure. Failure to comply with diet will result in rescheduling your procedure.

Starting at approximately **6:00 pm** drink one (1) 8 ounce glass every 10 - 15 minutes until you reach half of the container. The morning of the procedure at approximately **6:00 am** you will start drinking the remaining half of the prep. You must be done drinking it by **8:00 am**. "Prep" may be poured over ice if desired. After all the solution has been taken, and your bowels begin to move, the liquid in the commode should be light yellow in color with no solid stool at all.

To prepare the prep, follow instructions on the bottle by adding warm water to the fill line of the bottle. Shake the bottle vigorously until the solution is dissolved. You may want to prepare the prep early in the day and refrigerate it so that it is cold when you drink it.

Common Side Effects:

Chills and/or Shivering – This is due to the cold fluid intake.

Nausea or Vomiting – This should only occur for the first 20 – 30 minutes. If it does occur, stop drinking the prep until the nausea passes, then continue as ordered. Walking may also aid in the relief of these symptoms.

Fullness – This is caused by the large fluid intake and should pass as you start to have repeated bowel movements.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT EXCEPT FOR MORNING PREP

Day of Procedure:

If you are taking medication regularly, for example, heart or blood pressure medication, you may take this with a small amount of water before the procedure.

If you have any questions, please call: 214-496-1100

Approved Foods to Eat on Day 2 and Day 3 Prior to Your Procedure:

- Chicken, turkey, lamb, lean pork, fish, eggs
- Breads and grains made with refined white flour
- White rice
- Plain crackers like Ritz or Saltines
- Sour Cream, yogurt, cheese, cottage cheese, milk
- Tea and black coffee without cream or milk
- Flavored Water without dye
- Clear light-colored juices such as apple or white grape
- Clear broth- chicken, beef, vegetable
- Clear Soda such as Sprite or Fresca.
- Sports Drinks such as Gatorade and Propel (light colors only)
- Popsicles without fruit or cream, none that are red, blue, or purple
- Jell-O, none that have fruit chunks, none that red, blue or purple

Approved Foods to Eat Day Before Your Procedure:

- Water
- Tea and black coffee without cream or milk
- Flavored Water without dye
- Clear light-colored juices such as apple or white grape
- Clear broth- chicken, beef, vegetable
- Clear Soda such as Sprite or Fresca.
- Sports Drinks such as Gatorade and Propel (light colors only)
- Popsicles without fruit or cream, none that are red, blue, or purple
- Jell-O, none that have fruit chunks, none that red, blue or purple



Avoid These Foods 3 days prior to your procedure:

- **NO Nuts**
- **NO Seeds**
- **NO Granola**
- **NO Fruit with seeds**
- **NO Dried Fruit**
- **NO Raw fruit with skin membranes (includes berries, pineapples, oranges, watermelon)**
- **NO Brown or wild rice**
- **NO While grain bread, rolls, pasta, or crackers**
- **NO Bread or cereal with nuts or seeds**
- **NO Beans**
- **NO Potatoes with skin**
- **NO Cucumbers or pickles**
- **NO Cabbage or Brussel sprouts**
- **NO Green Peas, Squash, Onions, Corn, Tomatoes**
- **NO Soup that's not broth**
- **NO Popcorn**
- **NO Juice with pulp**
- **NO Baked goods with whole grain flour or nuts**
- **NO food or drink with dye that is in blue, red, or purple color**

Avoid These Foods 24 hours prior to your procedure:

- **NO food or drinks with dye that is Red, Blue, or Purple.**
- **NO Alcoholic beverages**
- **NO Milk products or smoothies**
- **NO Juices with pulp**
- **NO Soup**
- **NO SOLID FOOD, LIQUID DIET ONLY**