

## NULYTELY SPLIT DOSE

VALLEYCARE GASTROENTEROLOGY MEDICAL GROUP, INC.

Phillip Wolfe, MD

You are scheduled to have a colonoscopy on: \_\_\_\_\_ you must arrive at \_\_\_\_\_ A.M.

Location: HACIENDA SURGERY CENTER (see brochure)  
4626 Willow Road, Suite 100  
Pleasanton, CA 94588

### THE DAY BEFORE YOUR COLONOSCOPY ~

#### Please follow the instructions below from our office to prepare you for your procedure:

1. Begin your clear liquid diet and stay on it the **whole day before** your procedure. **NO DAIRY PRODUCTS.**

*CLEAR LIQUID DIET:* Water (stay hydrated) Tea or Coffee (without creamer) Clear juices without pulp  
Fruit-flavored drinks (Kool-Aide, Crystal-Light, etc) Carbonated beverages/Soda  
Sports drinks (Gatorade, All-Sport, PowerAde, etc) Broth/Bouillion/Consomme  
Plain/flavored gelatins (Jell-O) Fruit Ices/Italian Ices Popsicles (without fruit/fiber)

*SAMPLE MENU:* Breakfast: cup of broth, fruit juice, bowl of Jell-O, coffee or tea without creamer, water  
Lunch: tea or coffee, cup of broth, cup of fruit ice, fruit juice, water  
Snack: Popsicle, soda, Jell-O, water  
Dinner: Similar to lunch or breakfast, water

2. **Instruction for NuLyteley Split Dose. Follow the instructions below:** You must FINISH the entire solution. If your colon is not well cleaned, the examination will not be useful and will need to be repeated.

On the morning of the Liquid Diet; at **8:00 am** fill the NuLyteley jug to the fill line with water, mix well (with flavor pack if you wish). If desired, you may refrigerate NuLyteley for a few hours. Do not over-chill....

#### **The night before your procedure... At 6:00 pm:**

Begin to drink the NuLyteley solution, one glass every 10 or 15 minutes until you have finished approximately ½ of the container. You may wish to add lemon or lime SUGAR-FREE flavored Crystal Light to the NuLyteley or suck on a lemon or lime wedge between glasses of NuLyteley.

#### **The morning of your procedure... At \_\_\_\_\_ am:**

Drink the remaining ½ of the NuLyteley solution, 1 glass every 7-10 minutes until you finish. **Be sure to finish the solution.**

3. You may take medications with a few sips of water up to 2 hours before procedure.
4. Stop all liquids 2 hours prior to your procedure time.
5. If you are taking Coumadin, Plavix or any other blood thinning medications please discuss this with the gastroenterologist you are seeing in our office. All other medication should be taken as directed the morning of the procedure with very little water.
6. You will be receiving intravenous sedation or anesthesia for the Colonoscopy. **YOU WILL NOT BE ABLE TO DRIVE THAT DAY.** You must arrange for a responsible adult to take you home later that day.
7. Plan to be at the Out-Patient Surgery Center a total of 2-3 hours.

If you have any questions, please do not hesitate to call our office at 925-460-8167. [www.valleycaregastro.com](http://www.valleycaregastro.com)