



Nulytely/Golytely – these preparations come as a powder in a jug. You dissolve the powder in water before you drink the solution

- It is important to **NOT USE** alcohol, marijuana, medical marijuana, narcotics, pain medications (prescribed or otherwise), and any form of illicit drugs (prescribed or otherwise) the day before and the day of the procedure
 - It is important to **NOT USE** tobacco products the day of the procedure
- *** If you do not avoid these items, then your procedure will be cancelled. *****

The day before the procedure

- No solid foods, just clear liquids
- Start the prep solution between 2 and 4 p.m.
- Drink one 8oz cup of the solution quickly
- Every 10-15 minutes, quickly drink another cup of solution
- Do this until you drink three fourths (12 cups) of the solution. This should take about 3 hours
- Keep the rest of the solution to drink on the day of the procedure
- Continue the clear liquid diet until midnight
- **Do not eat or drink anything after midnight** except your 2nd dose of prep 5 hours prior to your arrival – no candy, gum, mints, water, ice, etc.

The day of your procedure

- **5 hours before your arrival time:**
 - Quickly drink the one 8oz cup of the solution. Every 10-15 minutes, quickly drink another cup of solution. Do this until you drink the rest of the solution.
 - Take 2 Gas X tablets by mouth.
 - Finish all of these within an hour. This is also the time to take any medications your physician has directed you to take the morning of the procedure.
 - **Do not eat or drink anything after this time** – no medication, coffee, candy, gum, mints, water, ice, etc.
- If you use inhalers, take your usual morning dose and bring the inhalers with you.
- Bring the completed health questionnaire including medications, picture ID, and insurance cards.
- Bring a copy of your living will, if you have one.
- Bring reading glasses if you need them.
- Take a shower the morning of the procedure. You may wear deodorant. Do not apply lotion or powder to your chest area. Bring a pair of warm socks for your feet.
- You must have a responsible adult over 18 years to drive you home after your procedure.
- When you arrive at Seaside Endoscopy Pavilion, please call (302) 644-3852 from your car to let the center know you have arrived.
- Please ask your driver to remain within 10 minutes of the facility while you are in the center, to return to the facility's parking lot within 1 hour of your entering the center, and to be prepared to answer a phone call when you have finished your procedure.