

Digestive Disease Clinic

Nulytly (Split Dose) Bowel Prep for Colonoscopy

Purchase at the Pharmacy:

- Prescription Nulytely prep
- 10 Ounce Bottle Magnesium Citrate OR 4 Dulcolax laxative tablets

***Hold GLP-1 agonist medications for 1 dose prior to procedure (Ozempic, Wegovy, Zepbound, semaglutide, etc.)

***Discontinue iron, herbal supplements and vitamins for 7 days prior to your procedure.

***If you are currently taking blood thinners, the nurse will be contacting you with further instructions from your managing physician.

*** DO NOT eat any nuts or seeds, and/or raw fruits or vegetables 7 days prior to your procedure.

***DO NOT take any diabetic medication the morning of your procedure

***Do NOT drink any red or purple liquids the day before AND the day of your procedure

One Week Prior to the Procedure:

Please inform your physician if you are taking any blood thinning medications such as Coumadin, Plavix, Eliquis, Xarelto, Pradaxa, etc. You will receive additional instructions if applicable. **DO NOT STOP TAKING ASPIRIN.**

DAY BEFORE COLONOSCOPY:

You must maintain a clear liquid diet for the whole day before your procedure. (Water, tea, Gatorade, black coffee, soda, clear juice, Jell-o, clear broth or popsicles). **No red or purple liquids and no dairy products.**

1. Fill the container with 4 Liters (1 gallon) of water. Usually there is a mark on the container.
2. Mix thoroughly and refrigerate.
3. Between 4:00pm and 5:00pm, drink the 10-ounce Magnesium Citrate or take the 4 Dulcolax tablets.
4. At 6:00pm start drinking the prep solution. Drink one 8oz glass every 15 minutes until you have completed half the prep solution (2liters or a half gallon). Place the remaining solution in the refrigerator.
5. Continue to drink clear liquids until you go to bed. The better hydrated you are the better the outcome of your prep.

The Day of your Colonoscopy:

1. 6 hours prior to your exam drink the remaining prep solution as previously described.
2. You may drink clear liquids up to 5 hours prior to your exam.
3. Please take essential medications (blood pressure, heart, and seizure medications)