



## GoLytely/NuLytely Prep

Take the prescription of GoLytely or NuLytely to a pharmacy (it may take several days to fill this) and follow the instructions below.

**Three days before the exam**, stop the following foods and medications:

- fruits with skins (tomatoes, apples)
- seeds, nuts, popcorn
- vegetables with skins or strings (string beans, lima beans, peas, corn, greens, celery)
- iron, Pepto-Bismol
- laxatives such as Citrucel, Metamucil, or psyllium

**The day before the exam**, take only thin, clear liquids for breakfast, lunch and dinner.

This can include:

- water
- tea
- coffee
- Kool-Aid
- Crystal Light
- orange juice without the pulp
- lemonade without the pulp
- plain Jello-O (without added fruit or toppings),
- clear broth or bouillon
- carbonated and non-carbonated soft drinks
- apple juice
- Gatorade
- ice popsicles
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**DO NOT TAKE:** Any liquids that are red or purple 24 hours before the exam.

**DO NOT TAKE:** Solid foods or milk/milk products (including non-dairy creamer) 24 hours before the exam.

### **The day of the exam:**

- In the morning, mix the GoLyteLy or NuLyteLy powder in the gallon jug with four cups of lukewarm water to dissolve the powder. Add cold water and fill to the line at the top, mix well, and place the jug in the refrigerator. Please follow our instructions and not those on the package insert.
- Between 4:00 p.m. and 6:00 p.m. begin drinking at least one cup of the clean-out solution every 15 minutes. Keep the solution in the refrigerator because this can help with the taste. You may chew gum (not red or purple) or use hard candy (not red or purple) between cups if the taste bothers you. Sometimes people begin to feel sick after drinking some of the solution. If this happens, you may want to take a 30-45 minute break and then start drinking the solution again. You may also want to walk around or exercise your stomach muscles to help get your bowels to move. Your stool should be watery and without any solid material after you have taken all of the solution. If the solution is too unpleasant for you, please call the GI Procedure Area and speak with a nurse or doctor. If the GI Procedure Area is closed, call 919-966-4131 and ask the hospital operator to page the "Adult Medicine GI Fellow On Call." You may drink clear liquids up to midnight.
- The day of the exam. You can start drinking clear liquids the morning of the exam up to three hours before the exam.
- You may take your usual medications (unless otherwise instructed) with a sip of clear liquid. If you are diabetic and take insulin, take ½ of the usual dose. If you take a pill for diabetes, take this as usual.

If you will be late or cannot make it to the exam,  
please call the GI Procedure Area at (919) 966-2310.  
If the office is closed, please leave a message.  
Thank you.