

## NuLYTELY Colonoscopy Prep

The day before your colonoscopy:

1. Prepare the NuLYTELY solution by filling the container with warm water to the 4 liter mark. Shake repeatedly to be sure the powder is completely dissolved. The solution is more palatable if chilled prior to administration.
2. At 4:00 PM: Start drinking one (1) cup (8 oz.) of NuLYTELY every 10 -15 minutes. In about thirty (30) minutes you will probably feel the need to move your bowels. Continue drinking one (1) cup every 10 - 15 minutes **until all of the solution has been consumed**. The first bowel movement should occur approximately one hour after the start of NuLYTELY. You may experience a bloated sensation, but cramping or other discomfort is quite uncommon. If severe discomfort or nausea occurs, stop drinking temporarily or drink each portion at longer intervals until these symptoms disappear. It will take 3 – 4 hours to drink the solution. You must drink all the solution to achieve the best results.