

**MAIN GASTROENTEROLOGY, P.C.**

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## **COLONOSCOPY**

### **NULYTELY PREP**

**SEVEN – Days before the procedure avoid any blood thinners Coumadin, Plavix, Heparin and Aspirin products.**

**FIVE - Days before the procedure avoid: corn, grapes, watermelon, rye bread, sesame seeds and foods that contain seeds.**

**THE DAY BEFORE THE PROCEDURE: NULYTELY prep instructions:**

**Have a regular breakfast and take your medications.**

**12:00 PM: have a liquid lunch.**

**1:30 PM: Fill the Nulytely container with one gallon of room temperature water and shake briskly.**

**2:00 PM: Start drinking the solution (up to half a gallon). Drink one (8oz) glass every 30 minutes, SLOWLY. If your stomach feels upset stop drinking for 30-60 minutes and then resume. If you have not gone to the bathroom after drinking half gallon you need to drink a couple more glasses.**

**DO NOT EAT OR DRINK ANYTHING ELSE WHILE DRINKING THE SOLUTION. YOU MAY HAVE A CLEAR LIQUID DINNER.**

**Do not eat or drink anything after midnight.**

If your procedure is scheduled after 1:00 PM you may have clear liquids in AM.