## What you’ll need

Your prescription bowel preparation (see below) will be available at the pharmacy written in above 7 days before your procedure.

- **NuLYTELY (a laxative)**
- **Bisacodyl—4 tablets that must contain 5 milligrams of Bisacodyl, such as Dulcolax laxative tablets (Don’t use Dulcolax stool softener.)**

## 7 days before your procedure

- Talk to your primary care clinician about stopping any:
  - Anticoagulation medications, such as apixaban (Eliquis), dabigatran (Pradaxa), rivaroxaban (Xarelto) or warfarin (Jantoven or Coumadin).
  - Antiplatelet medications, such as clopidogrel (Plavix).
- Ask your primary care clinician for instructions if you:
  - Take insulin for diabetes.
  - Have heart valve disease.
  - Had heart valve replacement.
- Stop taking multivitamins and other medications with iron.
- **Arrange for a ride home from a licensed driver after your procedure.** Don’t take a bus, cab or ridesharing service unless an adult rides with you. Don’t ride a motorcycle.

## 3 days before your procedure

- Start eating a low-fiber diet. A low-fiber diet helps make the bowel preparation more effective. See the handout Low-Fiber Diet Guidelines (#20953).
- Stop taking Metamucil or FiberCon fiber supplements.

## 2 days before your procedure

- Continue eating a low-fiber diet.
- Drink at least eight 8-ounce (237-milliliter) glasses of water throughout the day. Cross out each square as you drink a glass.
- Don’t drink any alcoholic beverages.
- Complete the health history form provided along with these instructions.
### 1 day before your procedure

- See “Tips for colon cleansing” in the handout Colonoscopy: What to expect (#13060).
- Mix the NuLYTELY solution as directed on the container.
  - To improve the flavor of your solution, you may pour the contents of the 2-gram flavor powder (included in package) into the container before adding any liquid. **Don’t add any other flavorings.**
- You may eat a **light** low-fiber diet for breakfast and lunch.
- **After 1 p.m., don’t eat any solid food. Begin a clear-liquid diet.** Clear liquids are liquids that look like colored water and you can see through at room temperature. **Don’t drink any red or purple liquids.** The color may interfere with your procedure. You may have any of the following:
  - Water, clear broth or bouillon, coffee or tea without milk or nondairy creamer
  - Gatorade or Powerade noncarbonated sports drink—Regular Gatorade, regular Powerade, Gatorade G2 and Powerade Zero are OK. Choose a green-, yellow- or clear-colored flavor. Don’t use powdered Gatorade.
  - Pedialyte, carbonated and noncarbonated soft drinks, Kool-Aid or other fruit-flavored drinks and strained fruit juices without pulp (apple, white grape, white cranberry)
  - Jell-O, Popsicles and hard candy
- Drink at least eight 8-ounce glasses of water throughout the day. Cross out each square as you drink a glass. 
- If you want to drink a chilled solution of NuLYTELY, mix the solution ahead of time and refrigerate it before drinking. Don’t add ice to the solution or in your glass.
- **At 5 p.m.,** take 4 bisacodyl tablets.
- **At 6 p.m.,** quickly drink one 8-ounce glass of the NuLYTELY solution.
  - Continue drinking one 8-ounce glass of the solution every 10 minutes until the container is half empty (about eight 8-ounce glasses). Keep the solution refrigerated.
  - If you experience nausea or vomiting, rinse your mouth with water and take a 15- to 30-minute break. Then continue drinking the solution.
  - Expect to have diarrhea. You may see results right after drinking the solution, or it may take a bit longer. You may feel chilled.
  - Continue to drink clear liquids. Drinking clear liquids makes sure you’re hydrated well enough and helps your bowel preparation fully clean out your colon.

### Day of your procedure

- **Four hours before** your procedure, drink the remainder of the NuLYTELY solution—one 8-ounce glass every 10 minutes until the solution is gone (about eight 8-ounce glasses).
  - If you experience nausea or vomiting, rinse your mouth with water and take a 15- to 30-minute break. Then continue drinking the solution. Expect to have diarrhea. You may feel chilled.
- You may take your morning medications with 4 ounces of water.
- **Stop drinking any clear liquids when you’ve finished drinking the remainder of the NuLYTELY solution.**
- Your stool should be clear or yellow liquid. If you’re unsure whether your colon is clean, call your gastroenterology clinic (see the handout Gastroenterology and Endoscopy Locations) before leaving for your procedure.
- Bring the following to your procedure: health insurance card, photo ID, completed health history form and an adult to drive you or ride with you home.

#### Remember

Drinking the solution quickly is part of how the preparation works.