



NuLytely/GoLytely/Gavilyte Prep Instructions

You need to purchase:

- NuLytely/GoLytely/Gavilyte (bowel prep) at your pharmacy

On the DAY BEFORE your procedure:

Only drink **CLEAR** liquids the entire day. There is no restriction on the amount you can drink.

Clear Liquid Diet Consists of:

Water, white grape juice, apple juice, plain bouillon, tea, coffee (no creamer), plain Jell-O (no fruit topping or additives), popsicles, soft drinks, Gatorade/G2/Pedialyte.

NO red or purple products.

NO solid foods, milk, or alcohol.

You may drink any clear liquids up to 6 hours prior to the procedure. It is important to drink extra clear liquids during and after the prep to prevent dehydration!

In the morning – Dissolve the contents of the bottle with tap or distilled water to equal one gallon. Place mixture in the refrigerator.

6pm – Drink the entire mixture over 4 hours by drinking 8oz every 10-15 minutes (until gone). It may take 1-3 hours for the first bowel movement to occur.

Continue to drink clear liquids after the prep is complete.

6 hours prior to procedure – Nothing by mouth including: Candy, mints, gum, tobacco products, or marijuana. *Failure to do so will cause your procedure will be delayed or cancelled. This is for your safety!*

Diabetics: You must contact your primary doctor or Endocrinologist regarding your diabetic medications.