

## **Surgery Department Bowel Preparation Instructions**

### **NuLytely Two-day Prep**

**Please note: If these instructions are not followed exactly as written, your procedure may need to be rescheduled due to inadequate prep.**

- Please let your physician know if you are taking Coumadin (Warfarin), or Plavix.
- Do not take aspirin, ibuprofen, non-steroidal anti-inflammatory agents or other types of arthritis medication for seven days before examination or surgical procedure. Tylenol is okay. DO take any heart medications with a small sip of water on morning of the procedure.
- You can use baby wipes instead of toilet paper, this may decrease irritation or soreness.
- Please leave all jewelry, watches, and valuables at home.
- Bring a current list of medications.
- You will be given sedative medications. Therefore, you must bring a responsible party to drive you home.
- Do not eat any uncooked fruits or vegetables 3 days prior to exam: No corn, tomatoes, or anything with seeds.

#### **On the day prior to Exam:**

**1. Drink only clear liquids for breakfast, lunch, and dinner. Do not have any solid foods, milk, or dairy products. Do not have any liquids that you cannot see through.** (See attached list for liquid ideas). You may have clear liquids up into midnight. Only take things on the clear liquid list.

**2. You will be drinking the solution in 2 parts:**

**Part 1:** At 3pm the evening before your procedure begin drinking the solution- one 8 oz. glass every 10 to 15 minutes until the bottle is  $\frac{3}{4}$  empty. This will be approximately 3 of the 4 liters of solution. Refrigerate the remaining solution.

#### **On the Morning of the Procedure:**

**Part 2:** On the morning of your procedure, beginning 3-4 hours before your scheduled procedure time, begin drinking the remaining portion of the solution- one 8oz glass every 10 to 15 minutes until the bottle is completely empty. **Keep in mind that you need to finish the remaining portion by 2 hours before your scheduled procedure.**

**You may not have anything to drink other than the solution on the day of the procedure.**

**Tip for drinking Procedure:**

Prepare your solution the morning of the procedure and refrigerate. You may drink the solution chilled through a straw.

You may become cold or have chills while drinking the solution.

It may be 2-4 hours before you pass stool. If you have vomiting, bloating, or inability to move your bowels you may need to:

- Slow your rate of drinking the solution.
- Begin walking to move the solution down in your intestinal tract.
- Once your bowels begin to move, the nausea and bloating usually stops. You should then continue to drink the solution at the prior rate of 8 ounces every 10 minutes.

**Procedure Date:** \_\_\_\_\_

**The hospital will call with your check-in time.**

**Emergency's do arise that may cause your time to change or may cause your procedure to be delayed.**

**If you have any questions or concerns please call office at 208-756-5779.**