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 ¾ 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.