

Brent H. Taylor, M.D., F.A.C.S.

2490 S. Woodworth Loop, Suite 400
Palmer, AK 99645
(907) 745-9400 (907) 745-9444 fax

NuLytely Preparation Instructions

Procedure Date & Time: _____ Check in Time: _____

Follow up with Dr. Taylor on: _____

PROCEDURE TIMES MAY CHANGE DUE TO HOSPITAL SCHEDULE
A driver will be required, you may NOT take any form of public transportation

If you take blood thinners such as Coumadin, Plavix or Aspirin, please let the Doctor know. You may have to stop taking these 5 days prior to procedure

Please follow these instructions on _____

Step 1: ONLY CLEAR LIQUIDS ARE TO BE CONSUMED THE ENTIRE DAY BEFORE YOUR PROCEDURE

Clear Liquids include: Coffee, tea, water-either carbonated or regular, Gatorade, all soft drinks. Clear juices: apple, white grape, pear. Jell-O, clear soups, i.e. bouillon or broth.

Continue these clear liquids up until mid-night.

NOT allowed on a clear liquid diet: Milk including soy or almond, cream, Pulpy juices: orange, grapefruit, pineapple. Tomato and V-8 juice are **NOT** allowed.

YOU MAY HAVE NOTHING RED OR PURPLE, NO SOLID FOOD

It is extremely important your colon is clean before the examination, thus the instructions below must be followed carefully:

Step 2: The morning before your procedure:

- Add a flavor packet to the NuLytely
- Fill to the waterline, shake well until the powder dissolves. Store in the refrigerator to chill until time to start drinking.

Step 3: At 1:00 in the afternoon (or as soon as possible) start drinking the solution

- Drink one 8 oz. glass every 30 minutes. Drink each glass steadily, at your own pace. If you experience nausea, slow down drinking the mix. You may also try taking a few sips of any of the clear liquids above. You should finish the prep within 5 hours
- A watery bowel movement should begin in approximately 1 hour. You will continue to have loose bowel movements for about 1-2 hours after finishing.
- You may continue to have clear liquids until Midnight. **NOTHING AFTER MIDNIGHT**

Step 4: You may take your prescription medications the morning of your procedure using small sips of water

REMEMBER YOU MAY HAVE NO SOLID FOODS THE DAY BEFORE