

**Bowel Preparation with NuLytely**

- DO NOT EAT OR DRINK ANYTHING 4 HOURS BEFORE YOUR SCHEDULED ARRIVAL TIME.**
- You must be accompanied by a friend or relative to drive and/or assist you home. We WILL NOT discharge you to a cab, bus or other transportation service without a responsible party with you. You may not drive for 12 hours following your procedure.**

**Materials You Will Need to Prepare For Your Procedure**

- Prescription** for the NuLytely Bowel Prep which has been provided by our office
- Obtain** the NuLytely Bowel Prep from the **Pharmacy**
- Clear Liquid Diet Instructions** (see attached Clear Liquid Diet Sheet)

**Special Instructions Regarding Medications**

- Do Not** take **Iron supplements** for **one week prior** to the procedure date. Multivitamins are OK.
- Stop** taking **Coumadin/Plavix** \_\_\_\_\_ **days prior** to your scheduled procedure date.
- Diabetic patients:** \_\_\_\_\_
- Do Not** take **Lasix, HCTZ or Dyazide (water pill)** the **day of the procedure**
- Heart/Blood Pressure/ Thyroid/Seizure/Nerve Medications** can be taken **on the day of the procedure** with a sip of water.
- Stop Effexor** **one day before** the procedure
- Asthmatic patients** should bring their **INHALERS** with them on the day of the procedure
- Other** \_\_\_\_\_

**The Day Before Your Exam**

- DO NOT EAT ANY SOLID FOODS. YOU MAY ONLY HAVE CLEAR LIQUIDS UNTIL 4 HOURS BEFORE YOUR SCHEDULED ARRIVAL TIME.**
- Take all of your normal prescription medications, **unless advised otherwise.**
- You may go to work, but be home by 6 pm to begin your bowel prep.
- IMPORTANT NOTE: follow the instructions below, NOT the instructions on the Prep’s packaging.**
- Prepare your NuLytely solution in the morning with lukewarm water to the designated line and add a flavor packet. **Shake well and refrigerate.**

**PM Procedure**

- At 6 pm** – Begin drinking the NuLytely laxative solution.
  - **Drink 8 ounces every 10-15 minutes – until 64 ounces of the solution is consumed (1/2 the bottle).**
- At 6 am on the morning of the procedure** – Drink the remaining NuLytely solution, 8 ounces every 10-15 minutes until the remainder of the solution is consumed. You **must** finish drinking by 8 am.
- It is best to drink each glass rapidly rather than sip it. Drinking the solution through a straw may also improve your tolerance for this bowel prep.
- WITH AN AFTERNOON PROCEDURE,** you may have **CLEAR LIQUIDS** up to **4 hours prior** to your scheduled arrival time.
- Other** \_\_\_\_\_

- ⇒ Questions about symptoms or medications call 484-356-1050 between **7:30 am- 3:30 pm (Nurse Line)**
- ⇒ General or reschedule questions call 610-431-3122
- ⇒ If you reschedule, ask if you will need new prep instructions.

\_\_\_\_\_  
Patient: Print Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date