

## **BOWEL PREPARATION FOR COLONOSCOPY OR SURGERY**

### **DAY BEFORE THE EXAM**

BREAKFAST: have a light breakfast and drink plenty of water.

MORNING: drink plenty of water.

LUNCH: take a "Clear Liquid diet" and drink plenty of water.

AFTERNOON: drink plenty of water.

DINNER: take a "Clear Liquid diet" and drink plenty of water.

***Buy NuLYTELY 1 gallon. It is available at pharmacies and requires a prescription.***

### **BOWEL PREPARATION WITH NuLYTELY®**

**7.00 p.m. day before procedure:** Start NuLytely at 7 pm and finish the entire bottle in 4 hours. It is best to drink an 8-ounce glassful every 10-15 minutes. Rapidly drinking a glassful will do a much better job than sipping an ounce or two at a time. You will have consumed several glassfuls before having the first loose watery bowel movement and this may make you feel slightly bloated. You may experience nausea, abdominal fullness and bloating. If this occurs, stop drinking temporarily or drink each portion at longer intervals until these symptoms disappear.

**6.00 am day of procedure:** Give yourself a *Fleet enema*.

**Do not eat or drink after 12 midnight** (except medications, see below)

### **WHAT IS A "CLEAR LIQUID" DIET**

- Soups and broth: chicken or beef bouillon
- Jell-O, all jelly products
- Soft drinks (orange, ginger ale, cola, sprite, 7-up, Gatorade, Kool-Aid, Crystal Light®)
- Strained fruit juices without pulp
- Water, tea or coffee (no milk or non dairy creamer)

### **YOUR MEDICATIONS**

- If you are taking Coumadin, Plavix or other blood thinning medications, you will need to stop it a few days before the procedure. Ask your surgeon about it.
- You may take all your medications on the morning of surgery even though you have been asked to avoid eating or drinking after a certain time. Just use a small sip of water for your medications. However **DO NOT** take your diabetic medications.