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**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**