

## Nulyte Bowel Prep For Procedures

Please read entire instruction sheet before beginning your prep.

### THREE DAYS BEFORE PROCEDURE

- For three (3) days prior to appointment do not eat any raw vegetables or salad, fruit, seeds, nuts or corn.

### THE DAY BEFORE PROCEDURE

- NO SOLID FOOD!
- DRINK CLEAR LIQUIDS ALL DAY.
- See clear liquids list on this this sheet.
- Continue to drink clear liquids during the day.
- DO NOT LIMIT YOUR FLUIDS TO JUST WATER.
- The more you drink the better the prep will work.
- Do not drink anything red or purple in color.
- Fill the jug with water to the fill line. Add a flavor packet (or you may use Crystal Light as long as it is not red or purple). Cap jug and shake to mix. Put jug into refrigerator.
- Between 8 a.m. and 6 p.m. drink 64 ounces of clear liquids from the list.
- 6 p.m. - Using an 8 ounce glass, begin drinking one glass of the solution every 10 minutes until half the jug is gone.
- Continue to drink clear liquids from the list.

### SECOND DOSE OF PREP

DATE: \_\_\_\_\_

TIME: \_\_\_\_\_

- Using an 8 ounce glass, begin drinking one glass of the solution every 10 minutes until it is all gone.
- DO NOT HAVE ANYTHING ELSE BY MOUTH UNTIL AFTER YOUR PROCEDURE.

### CLEAR LIQUIDS

- Water
- Clear Chicken or Beef Broth
- Apple Juice
- White Grape Juice
- Soft Drinks
- Gatorade
- Coffee/Tea without cream, milk, or non-dairy creamer
- Jell-O without fruit
- Popsicles
- Clear fruit drinks without pulp
- Avoid anything red or purple
- No Alcoholic Beverages
- No Jell-o or broth 8 hours prior to procedure

### IMPORTANT REMINDERS

- If you take diabetic medications, check with your primary doctor regarding how to take them during your preparation.
- Take any heart, blood pressure, breathing, or seizure medication with just a sip of water the morning of your procedure.
- Stop blood thinners (Coumadin, Plavix, aspirin, etc.) three (3) days before your procedure with your prescribing physician's approval.
- Stop over-the-counter supplements seven (7) days prior.
- Avoid taking blood thinning medications (aspirin, ibuprofen, Aleve, etc.) for three (3) days prior to your procedure. You may use Tylenol.
- **YOU MUST HAVE SOMEONE WITH YOU TO STAY DURING THE PROCEDURE AND DRIVE YOU HOME.**
- You are permitted to have clear liquids up to six (6) hours prior to your procedure time.