

PREPARATION FOR COLON SURGERY (Using NuLyteLy)

- To minimize the risk of bleeding:
 - If you regularly take Plavix (clopidogrel), stop this medication 14 days prior to surgery.
 - If you regularly take Coumadin (warfarin), stop this medication for _____ days prior to surgery.
 - Do not take medicines containing aspirin for the 7 days prior to surgery.
 (Includes Alka-Seltzer, Anacin, Ascriptin, Ecotrin, Empirin, Excedrin, Halfprin).
 - Do not take any anti-inflammatory medicines for two days prior to surgery.
 (Includes Advil, Aleve, Anaprox, Daypro, Diclofenac, Etodolac, Ibuprofen, Indocid, Ketoprofen, Ketorolac, Lodine, Motrin, Naprosyn, Nuprin, Relafen, Toradol, Voltaren).
 - If pain relief is needed, use Tylenol (acetaminophen).

- In order for colon surgery to take place, the colon must be absolutely clean.
 - For two days prior to colon surgery, avoid salads, fruit peels, beans, and corn.
 - Starting on the morning of the day before surgery, begin a clear liquid diet. This diet includes the following:

-Bouillon and clear or light colored soups or broths	-Black coffee or tea
-Jello® (no fruit or toppings)	-Fruit juices with no pulp
-Popsicles®	-Gatorade
-Hard candy	-Carbonated beverages
 - Avoid solid food other than hard candy or Popsicles.
 - Avoid dairy products including milk, cheese, ice cream, and yogurt.
 - Avoid the bulk laxatives (Metamucil, Citrucel, Konsyl, Fibercon, Bran, Effersylium) the day before surgery.

- Starting in the afternoon on the day prior to surgery, drink **NuLyteLy** (prescription required):
 - NuLyteLy comes as a powder in a jug; add water to the “fill line” on the jug and shake well to dissolve.
 - Refrigerating the solution may make it more palatable.
 - Drink 8 oz. of the solution every 30 minutes until bowel movements are clear and free of solid matter; this usually requires at least 3 liters of solution (3/4 of the jug volume).

- After drinking the laxative, you may drink all the clear liquids you desire, up until midnight.

- You may apply some Anusol or vaseline around the anus if the anal area becomes sore due to passage of liquid stool.

- Do not eat or drink anything after midnight the night before surgery. Take your regular heart or blood pressure medications with a small sip of water.

- Report to _____ Hospital admissions desk at _____ on _____ .

