MASON CITY SURGERY CENTER

NULYTELY INSTRUCTION CHECKLIST:

DAY PRIOR TO YOUR PROCEDURE:

- **No solid food all day.** Clear liquids per Colonoscopy instructions.
- **Obtain Nulytely from your pharmacy** if you have not already done so.
- Mix the Nulytely prep according to instructions and chill.

EVENING PRIOR TO YOUR PROCEDURE: (first half of prep) 6:00 pm

- **If included in your prep,** take one Dulcolax (Bisacodyl) tablet.
- Begin drinking the NULYTELY prep solution.
  - Drink one 8-ounce glass every 15 minutes until HALF of the preparation is finished.
  - You may add one packet of Lemon Crystal Light or two packets of SUGAR-FREE lemon or lime flavored Kool-Aid to the prep solution to change the flavor.
- Continue drinking clear liquids while awake through the night.
- Walk as much as possible during the preparation, as this enhances the preparation results.

THE MORNING OF YOUR PROCEDURE: (second half of prep)

During the PreAdmission phone call, your nurse will give you the time to begin the second half of your prep (which is typically 6 hours prior to your scheduled procedure):

- Drink the remaining NULYTELY prep solution.
  - Drink one 8-ounce glass every 15 minutes until the preparation is finished. **You must drink all of the prep solution.**
- Continue drinking clear liquids **until the time you were told to have nothing by mouth**. Please, no coffee the morning of your procedure
- Walk as much as possible during the preparation, as this enhances the preparation results.

If you are unable to drink the entire prep or if you are still having bowel movements that are not clear/yellow, please call the Mason City Surgery Center **(494-2000)** and ask to speak to a PreOperative nurse. If able, we may have you arrive earlier than your scheduled time to drink additional prep to further clear the colon so the procedure does not have to be cancelled.