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Bowel Preparation for Surgery

WHY?

You are scheduled for surgery that potentially may include surgery to your intestines (bowels). It is important to clean out the intestines as completely as possible prior to the operation. This will decrease the chance of any complications, including infection or the need for a colostomy (bringing a part of the bowel to an opening in the skin to empty feces).

HOW?

Fill the two prescriptions for the bottle of NuLYTELY and the Metoclopramide.

Two days before surgery:

Prepare the NuLYTELY by filling the container with water to the 4 liter mark and shake vigorously several times to be sure the ingredients fully dissolve. Lukewarm water will work best. The solution will taste better later if chilled. You may make it ahead of time to refrigerate it as long as it is used within 48 hours of preparation.

The day before surgery:

24 hours before: Eat and drink only clear liquids. No solid food, and no milk. For example, you may have fruit juices without pulp, jello, broth, black coffee, and clear popsicles. Take your prescribed medications as usual.

12:30pm - Take one Metoclopramide tablet. This will help reduce symptoms of nausea that may occur.

1:00pm - Start to drink the NuLYTELY. Try to drink one glass every 20 minutes, and the entire amount within 3-4 hours. If the symptoms of nausea occur, take the remaining Metoclopramide tablet. Some suggestions for drinking the NuLYTELY are mixing it with Crystal Light, or serving it over ice.

You can expect the first bowel movement approximately one hour after the first glass of NuLYTELY, and eventually the bowel movements will become clear. Be sure to take in plenty of fluids throughout the day to avoid becoming dehydrated.

Nothing to eat or drink after midnight prior to surgery!

Your surgery may be canceled if you eat or drink after midnight. However, you may take your usual medications with sips of water.