



HALF-LYTELY COLONOSCOPY PREPARATION

ONE WEEK BEFORE THE PROCEDURE

- **Stop** Aspirin, Pepto-Bismol, iron supplements or fish oil supplements 3 days prior.
- Blood thinners such as Ticlid, Plavix, Coumadin, Aggrenox should be stopped ____days prior.
- Do not eat any foods with Olestra, the fat substitute. This includes many fat-free chips, wheat thins, etc.
- Inform your doctor if you have a pacemaker, internal defibrillator, artificial heart valve, joint replacement in the last 6 months or have been advised to take antibiotics prior to dental work or other procedures.

ONE DAY BEFORE THE PROCEDURE

NO alcohol, drinks containing RED or BLUE DYES, milk products or cream-based soups.

Take all of your normal medications except for Ibuprofen (Advil, Motrin), Aleve. If you are diabetic, please see attached instructions for medication adjustments.

For the *entire day prior* to the procedure day you may have **only clear liquids** such as:

- Black coffee or tea (sugar is okay)
- Soda (clear or cola is okay)
- Sports drinks such as Gatorade
- Popsicles or Jell-O (not red or blue)
- Bouillon/broth
- Apple, grape or cranberry juice
- Hard candy such as Lifesavers
- Water

At about Noon time:



8 oz + 4 tablets



6 hours later:



8 oz

- Take 4 Bisacodyl tablets with water (included in your prescription kit)
- Do not crush or chew tablets
- Do not take within 1 hour of antacids.
- Mix solution by adding lukewarm water to top of line of bottle.
- Cap bottle and shake to dissolve the powder. The reconstituted solution will be clear and colorless.
- Use within 48 hours.
- Start drinking 1 glass of Half-Lytely solution every 10 -15 minutes. A straw may help.
- Continue drinking until ALL of the solution is gone. Your stool should be clear yellow, like urine.
- If you become full or nauseated, stop for 30 minutes, then resume drinking.

ON THE DAY OF THE PROCEDURE

Continue drinking clear liquids until two (2) hours before your procedure. Please do not have anything, even water within the 2 hour period prior to the procedure. However, you can take your regular medications with a sip of water.

AFTER THE PROCEDURE

Please arrange transportation – you CANNOT drive. It is very important that you have someone you trust to receive your discharge instructions. Alcohol and sedatives should be avoided for 24 hours after the procedure. If you have biopsies or polyps removed, you will need to avoid products containing aspirin, and blood thinners for seven (7) days after the procedure due to the risk of bleeding.