

## Colonoscopy Preparation Instructions

### Two Days Before the Procedure

**8:00 AM:** 2 Dulcolax tablets

### One Day Before the Procedure

**8:00 AM:** Do not eat or drink anything other than **CLEAR LIQUIDS** beyond this point.

**EXAMPLES:** Sodas, Tea, Coffee, Jell-O, Broth, Water, Gatorade

**AVOID: RED** liquids, such as **RED** Jell-O, **RED** colored beverages.

Also, **NO DAIRY** drinks including **YOOHOO**.

**9:00 AM:** Add lukewarm drinking water to the top of the line of Half-Lytely bowel prep bottle. Cap bottle and shake vigorously as directed on the container.

**1:00 PM:** Take (4) Dulcolax (Bisacodyl) tablets with an 8 oz. glass of water. **(There will only be 1 tablet in Half-Lytely Kit. Please purchase an additional 3 tablets).**

**5:00 PM:** Begin drinking the Half-Lytely solution. Drink an 8 oz. glass every 10 minutes. It is best to drink the whole glass rapidly, rather than sipping small amounts. Continue drinking until preparation is complete. If you feel full, rest for a few minutes before continuing to drink.

*Bowel movements should occur about 1 hour after the first glass of prep solution. They will continue periodically for approximately 1-2 hours following completion of your last glass. By this time the stool liquid should be clear.*

*Feelings of bloating and/o nausea are common after the first few glasses of solution. This is due to the large volume of fluid being ingested. This is temporary and will disappear once bowel movements begin.*

**NOTE:** Remain home after taking laxatives. **Do not eat or drink anything, including water, after 12:00 pm midnight, the night before your procedure.**