

## Extra Strength: Colonoscopy Preparation Instructions

Two evenings before your scheduled procedure, take one dose of milk of magnesia as indicated on the bottle. On the day before your procedure, follow the instructions listed below.

*One day before the procedure (    /    /    )*

- 8:00AM:** You may have a light breakfast of eggs, white toast/plain bagel  
(No nuts, raisins or fruits)
- 9:00AM:** 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**.
- 9:00AM:** 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. Refrigerate.
- 1:00PM:** Take (4) Dulcolax tablets with an 8oz glass of water.  
(Only purchase these tablets if your insurance company doesn't cover the actual Half-Lytely **KIT**)
- 5:00PM:** Begin drinking the Half-Lytely solution. Drink an 8oz glass every 10 minutes. It is best to drink the whole glass rapidly, rather than sipping small amounts. Continue drinking until the whole half-gallon is finished. 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/or 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 the laxatives. **Do not eat or drink anything, including water, after 12:00pm midnight, the night before your procedure.**