

5 DAYS BEFORE YOUR COLONOSCOPY:

- Read all prep instructions
- Stop herbals, vitamins, and iron supplements
Take your HALF LYTELY prescription to your pharmacy and purchase HALF LYTELY bowel prep.
- Purchase a bottle of Milk of Magnesium from your pharmacy
(SOLD OVER THE COUNTER)
- Confirm that you have a driver to take you home following your procedure.

CLEAR LIQUIDS:

Gatorade is the preferred clear liquid (NO RED), clear fruit juices, white grape juice, natural cranberry juice, apple juice, water, kool aide, clear soup broth, bouillon, Jello, popsicles, Italian Ice (NO RED), Tea, Coffee-(NO CREAM), Sprite, 7 Up, Ginger ale, and Mt Dew.

HALF-LYTELY PREP

THE DAY BEFORE YOUR COLONOSCOPY:

- **NO SOLID FOOD**
- **NO ALCOHOL**
- **NO MILK BASED PRODUCTS**
- **CLEAR LIQUIDS ALL DAY**
- When you wake up in the morning, add lukewarm water to the “fill line” on the Half Lytley bottle. Place the lid on the bottle and shake to dissolve the powder. The solution will be clear and colorless. Place the Half Lytely mixture in the refrigerator to chill.
- Drink an extra 8 ounces of clear liquid every hour from 9a-5p.
12 noon take 2 Tablespoons Milk of Magnesium (SOLD OVER THE COUNTER)
- **6pm begin drinking Half Lytely mixture. Drink one glass (8ounces) every 15 minutes until you drink all of the solution. You will drink a total of 8 glasses of mixture to equal 64 ounces.**

THE DAY OF YOUR COLONOSCOPY:

- **Do not take any medication within 1 hour of drinking the Half Lytely mixture.**
- It can take 1-4 hours for diarrhea to begin. Have a bathroom or commode accessible.
- You are encouraged to continue to drink clear liquids hourly until you go to bed.
- You may apply a petroleum based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools.
- You may take your morning medications as instructed with a small sip of clear liquid otherwise; you are to have **nothing by mouth.**
- If there is a cancellation, you may be contacted to come in earlier than the arrival time originally given to you.
- After the procedure you may eat your usual diet unless otherwise instructed.
- Drink 8 ounces of liquid at least 6 times after the procedure and before retiring for the night.