

2 DAY HALF LYTELY BOWEL PREPARATION FOR COLONOSCOPY

2 DAYS BEFORE THE PROCEDURE YOU MAY HAVE ONLY **NOURISHING LIQUIDS** ALL DAY. **NO SOLID FOOD!!!!** YOU MAY HAVE:

Coffee	Gatorade (no red)
Tea, hot or iced, with sugar and lemon	Lemonade
Clear broth	Apple juice
Soda Pop	Popsicles (no red)
Jello (no red)	White grape juice
Water	White cranberry juice
Milk shakes	Pudding
Boost Plus	Ensure Plus

******PLEASE DO NOT DRINK ANY RED OR ORANGE LIQUIDS
OR ANY DAIRY PRODUCTS!!!!**

ON THE DAY BEFORE YOUR PROCEDURE MIX THE HALF-LYTELY SOLUTION WITH WATER IN A HALF-GALLON CONTAINER AND **REFRIGERATE!!!** **CONTINUE DRINKING CLEAR LIQUIDS ALL DAY!!!!**

THE DAY BEFORE THE PROCEDURE AT:

12:00 P.M. - TAKE 4 DULCOLAX (BISACODYL) TABLETS AND DRINK PLENTY OF LIQUIDS (4-6 GLASSES EVERY 4 HOURS).

6:00 P.M. - START DRINKING 1 GLASS OF THE HALF-LYTELY EVER 10-15 MINUTES AS TOLERATED UNTIL YOU HAVE FINISHED THE HALF-GALLON. IF YOU FEEL NAUSEATED, DRINK IT MORE SLOWLY, FOR EXAMPLE, EVERY 30 MINUTES.

THE DAY OF THE PROCEDURE, STOP DRINKING THE LIQUIDS FROM THE LIST ABOVE 3 HOURS BEFORE PROCEDURE TIME!

YOU MAY APPLY VASELINE TO RECAL AREA AFTER EVERY BOWEL MOVEMENT.

You must have someone else with you on the day of the procedure to drive you home. **TAKE NO ASPIRIN or BLOOD THINNERS** for 5 days before the procedure. Tylenol is OK to take if you need something for pain during those 5 days. If you take high blood pressure medication please take it at least 3 hours before your procedure. If you have any questions please call our Office at 708-499-5678 (Oak Lawn) or 815-723-9278 (Joliet) to speak with a nurse.