

Colonoscopy Preparation Instructions

HALF LYTLEY PREP

These instructions have been prepared to help you understand the procedure for cleansing the colon (large intestine). A thorough examination depends on your colon being carefully cleansed and emptied. Stool remaining in the colon can obscure important details, resulting in the exam having to be repeated at another time.

Your colonoscopy appointment is on (date)_____ at (time)_____ at (location)_____

On The Day Before Your Colonoscopy:

1. **NO FOOD.** At 6:00 AM, begin a clear liquid diet. (See clear liquid diet list at right.)
2. At **NOON** swallow two (2) bisacodyl tablets with water. Do not chew or crush.
3. **Mix the solution.** Add drinking water to the top line on the bottle. Cap the bottle and shake to dissolve and then refrigerate.
4. At 6:00 pm drink all of the solution. Drink one 8 oz. glass every 10 to 15 minutes until the bottle is empty. Rapidly drinking a glassful is better than sipping an ounce or two at a time. You will have consumed several glassfuls before having the first loose, watery bowel movement. You will continue to have loose bowel movements for about 1 to 2 hours after finishing.
5. After completing the prep, you may continue clear liquids until 2 hours before your appointment, then **NOTHING BY MOUTH.**

If you are passing brown fluid after completing the prep or you are unable to complete the prep, call the number listed at the right as early as possible.

VERY IMPORTANT: You must have a responsible adult with you to drive you home. If you do not have a driver, your procedure may not be done.

Medications You Need to Cleanse the Bowel:

- **“Prep Solution”** (Half Lytley) 2 liters
- **Bisacodyl tablets** (Dulcolax) 2 tablets

Diet Instructions

Clear Liquid Diet List: *(Any non-alcoholic liquid that is clear enough to read print through it.)*

- Clear fruit juices without pulp (apple, white grape)
- Water, tea or black coffee
- Low sodium clear broths
- Jell-O® – lemon, or orange, without topping or fruits
- Popsicles®
- Kool-aid®, Tang®, Crystal Light®, Gatorade®, soda pop
- **Avoid red, as this can look like blood in the colon.**

Some Suggestions:

- Do not add anything else, such as flavorings, to the Half Lytley solution. The manufacturer prepares it with a flavoring.
- You may experience chills. Dress warmly (socks, robe, blanket)
- If you experience nausea or vomiting, stop drinking for 1 hour and then start again at a slower rate. Drink each glass in 10-20 minutes, resting 10 minutes between each glass,
- Most patients have a bowel movement within an hour or two of starting the solution. Be patient, the prep solution rarely fails.

24-hour phone line:

Tacoma: 253-272-5127 Federal Way: 253-838-9839
Puyallup: 253-841-3933 Gig Harbor: 253-858-0112
Puyallup, Sunrise at South Hill: 253-770-3700