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**BOWEL PREPARATION FOR YOUR COLONOSCOPY**

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**PM COLONOSCOPY PREP**

**THE DAY BEFORE THE PROCEDURE**

1. **12:00 PM** (NOON) till bedtime start a **clear liquid** diet.  
Clear liquids include black coffee or tea, clear fruit juices (apple or white grape) light soup, broth (chicken / beef) or bouillon, gelatin popsicles, gatorade, cola, sprite and gingerale. NO milk or alcohol. If you choose to intake liquids with color such as Gatorade or gelatins please avoid RED, BLUE or PURPLE DYE. It is ok to take green, yellow or orange products.
  
2. **7.00 PM** Take the **2 Dulcolax (Bisacodyl)** pills. Prepare the Halflytely Solution according to the instructions on the package and refrigerate.
  - a) Begin drinking the **Halflytely** once you have a bowel movement. **Drink the Halflytely 8oz (1 cup) every 10-15 minutes** until the bottle is empty.

\*If you do not have a bowel movement by **9.00pm**, begin drinking the **Halflytely** anyway.

You can continue on clear liquids after you complete your prep work.

**THE DAY OF THE PROCEDURE**

1. **STOP** all clear liquids including water **6 hours** before procedure time.
2. You may take your blood pressure and heart medications as routine in am with small sip of water unless instructed otherwise.

**\*\*NO ASPIRIN OR ASPIRIN LIKE PRODUCTS/BLOOD THINNERS (i.e. Ibuprofen) AT LEAST 7 DAYS PRIOR TO THE PROCEDURE\*\*\*\***

**☺ YOU MUST HAVE RESPONSIBLE ADULT DRIVE YOU TO & FROM THE FACILITY\*\*\***

Scheduled for:  
Facility \_\_\_\_\_

Date \_\_\_\_\_

Time \_\_\_\_\_

**IN THE EVENT YOU ARE NOT ABLE TO KEEP YOUR APPOINTMENT PLEASE NOTIFY US ATLEAST 3 DAYS PRIOR TO AVOID A \$30 FEE WHICH WILL BE OUT OF POCKET.**