



WEST COAST SURGICAL SPECIALISTS, INC.

Instructions for Half- LYTELY Bowel Prep

Pick up Half-LYTELY Bowel Prep Kit from your pharmacy.

Beginning (1) day before your procedure: remain on clear liquids until after your colonoscopy.

- Clear broth
- Jell-O
- Soft drinks
- Sports drinks (Gatorade, etc.)
- Coffee (without cream or sugar)
- Clear fruit juices

You must drink plenty of clear liquids. Hydration is essential for the safety and efficacy of your prep.

Step 1: 1:00 PM Take (2) Tablets

Take both bisacodyl delayed-release tablets with water. DO NOT chew or crush the tablets. DO NOT take the bisacodyl tablets within 1 hour of taking an antacid.

Step 2: 1:30 PM Mix Solution

Add lukewarm drinking water to top line on the bottle. Cap the bottle and shake to dissolve the powder. The mixed solution will be clear and colorless. Use within 48 hours. DO NOT add anything (other than provided flavor packs) to the solution.

Step 3: Wait for a Bowel Movement

After a bowel movement occurs (usually in 1 – 6 hours), begin to drink the solution. Even if no bowel movement occurs after 6 hours, begin to drink the solution.

Step 4: Drink All of the Solution

Drink 1 (8 oz.) glass every 10 minutes (about 8 glasses). Drink each glass quickly rather than drinking small amounts continuously. A watery bowel movement should begin in approximately 1 hour. Be sure to drink ALL the solution. You will still have loose bowel movements for about 1 – 2 hours after you finish drinking the solution.

Remember: DO NOT eat food or drink milk on the day of the prep (CLEAR LIQUIDS only).

If you have questions about using Half-LYTELY and Bisocodyl Tablets, be sure to ask your doctor at West Coast Surgery **(951) 894-5167**