

**Colon and Rectal Clinic of East Texas**  
**Advanced Surgical Associates of East Texas**

**BOWEL PREP for COLONOSCOPY**

A “**bowel prep**” is done to prepare the bowel for surgery or a procedure. Its purpose is to clear out the bowel of all solid matter. Please follow these instructions. Begin the bowel prep one day before your scheduled procedure.

**Your procedure date is:** \_\_\_\_\_.

You will need these items from a pharmacy:

- Bowel Prep (HalfLytely® & Bisacodyl tablets)
- Fleets™ enema – no prescription needed

**On the day before your procedure (Date)** \_\_\_\_\_

1. Stay on a Clear Liquid diet.

These clear liquids are allowed: Water, Strained fruit juices (no pulp), Popsicles, Ice, Soft drinks, Gatorade, Clear broth, Jell-O (no red/purple), Kool-Aid, Coffee or tea (no milk or cream)

2. **12:00 PM:** Mix HalfLytely® solution & refrigerate to chill.

3. **2:00 PM:** Take 2 Bisacodyl tablets.

4. **4:00 PM:** Start drinking HalfLytely® solution.

5. **12:00 AM: Do not eat or drink anything after 12 midnight.** You may gargle at midnight but do not swallow any liquid. Do not smoke after 12 midnight.

The Morning of the Surgery

- Take Fleets™ enema 2 hours before leaving the house for the procedure. Follow directions on package.
- Take the medicines you were told to take before surgery with small sips of water. If you are not sure which medicines you should take the morning of your surgery, ask your doctor or nurse. If you are not sure, bring your medicines with you to the hospital and ask when you first arrive.
- Bring all medications you usually take (in the original containers) to the hospital with you.

Please not the following:

- Stop aspirin and any anti-platelet medication for 5 days before the procedure, unless otherwise specified by your physician.
- You may take regular non-aspirin medications as usual.
- If on Coumadin, or if you are a diabetic, please consult your physician.
- If on arthritis medication or any new medications, check with physician for specific instruction.

**Arrival time will be given to you by hospital. Please be prompt.**

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