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PREPARING FOR YOUR COLONOSCOPY

HALF LYTELY PREP

ITEMS TO PURCHASE: FILL PRESCRIPTION AT PHARMACY

PLEASE FOLLOW THESE DIRECTIONS NOT THE DIRECTIONS ON THE BOX

**NOTE: You must be accompanied by a responsible adult to drive you home.
It would be preferable to have them remain during your procedure or be
Available by cell phone.**

**If you have kidney failure, angina, congestive heart failure, seizures, recent heart attack or stroke
make sure you let us know, as your preparation may be different if your cardiologist or
orthopedic surgeon wants you to take Antibiotics before procedure, Please let us know.**

One Week Prior to the Procedure

**Stop Iron pills, multivitamins, or Vitamin E, Fish oil, if you take Coumadin,
Plavix or Full size Aspirins we need to discuss with you and your doctor whether or not you
should stop these medications prior to your procedure.**

**Baby Aspirins (81mg) are ok, TYLENOL and other brands which contain ACETAMINOPHEN
are safe to use prior to this procedure.**

Three days before the Procedure

Start avoiding seeds, nuts whole grains, tomatoes or any fruits with seeds.

Two Days before procedure

**If you tend to be constipated, you may want to go on a light or primary liquid diet or perhaps take a
tablespoon or two of Milk of Magnesia 2 Days prior to procedure.**

**Medication like Celebrex, Motrin, Aleve, Advil, NSAIDS, Should be stopped 24 hours before the
procedure.**

One day before the procedure

**If you have Diabetes your Doctor may want to change your diabetes treatment. Please discuss with your
provider physician.**

1. Clear liquid diet for breakfast, lunch and dinner. Take your regular medications.

**Drink plenty of liquids during the day. Avoid red Jell-O and liquids. No solid foods until after the
procedure.**

**2. Clear liquids include: Jell-O, clear soups (no noodles or rice) clear broth, bouillon, all sodas,
Gatorade, 7-Up, crystal light, and tea with sugar, apple juice, and white grape juice, coffee. No milk or
dairy-or non dairy products. Ice popsicles (not red or purple)**

If you need one or two saltines or pretzels it is okay.

(Please turn over for more important information)

REMAIN CLOSE TO THE BATHROOM AFTER BEGINNING THE PREP

3. **At 3:00 PM** begin taking your 1 **Bisacodyl** tablets with 8 oz. clear liquids. Do not chew or crush. If you do not experience a bowel movement within 2 hours, **do not** worry, this may happen.
4. Mix Half Lytely solution with drinking water to the top line on the bottle.
5. Put solution in refrigerator until ready to drink.
6. **At 6:00 PM** begin to drink the solution (1) 8 oz glass every (15) minutes. You must drink the entire bottle of solution. You will experience loose bowel movements for approximately (1) to two (2) hours after finishing the solution. You must complete the entire solution to ensure the most effective cleansing.
7. Continue to drink clear liquids throughout the day.

DAY OF PROCEDURE

1. For AM patients, nothing to eat or drink after midnight. For PM patients, clear liquids until 7:00 AM.
2. Take your regular medications as instructed by the physician who is performing your colonoscopy with a sip of water early in the morning.
3. The colonoscopy is scheduled on _____ @ _____.
Please arrive at the hospital forty-five (45) minutes prior at _____ to your schedule procedure time.
Come into the main entrance of the hospital (University Medical Center at Princeton). Take the elevator in the main lobby up to the 3rd floor. Make a left out of the elevator and go around the corner, the 1st door on your right is Surgical Waiting Room. You will register there and wait there to be called in for your procedure.
4. Bring all your insurance information and list of medications with you.
5. Because you will be sedated for your procedure, **you must bring someone to take you home or arrange to have someone pick you up.** You may take a taxi only if you are accompanied by an escort. The taxi driver is **NOT** an acceptable escort person. You are not allowed to drive or take a public transportation alone for 12 hours after the procedure.
6. Wear comfortable clothing, no jewelry.

Phone: 609-497-2915 or 609-497-2900 (Mary)
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Gastroenterology