



Digestive Health Specialists

OF THE SOUTHEAST

INSTRUCTIONS FOR OUTPATIENT PROCEDURES/COLONOSCOPY

HALFLYTELY SPLIT PREPARATION

1. **FIVE DAYS PRIOR TO PROCEDURE: (Restricted Residue Diet) DO NOT EAT** nuts, seeds, popcorn, or corn. Discontinue fiber supplements such as Metamucil, Citrucel, Fiberall, etc.
2. **ONE DAY PRIOR TO PROCEDURE:** You may only eat or drink clear liquids the entire day prior to your test. You may have Jell-O, popsicles, clear juices that have no pulp, black coffee, tea, colas, etc. **NOTHING RED, PURPLE, OR BLUE AND NO DAIRY PRODUCTS!!!**
3. At 12:00 p.m. (noon) the day prior to the procedure, you should take the Dulcolax (Bisacodyl) tablet.
4. At 6:00 p.m. the day prior to the procedure, add lukewarm water to the top of the line on bottle and shake to dissolve powder. Drink 1 (8oz) glass of solution every 10-15 minutes until HALF of the solution is consumed. Refrigerate remaining solution. This solution should give you diarrhea so that your colon is clean for a good examination at the time of your test. If you do not drink all of the solution, your examination will be inadequate and may need to be rescheduled.
5. Begin to drink the second half of the solution at _____ a.m. (6 hours prior to procedure) until the solution is gone.
6. On the day of your procedure do not drink anything two hours prior to your arrival time. It is okay to take your required medication with only a small amount of water.