

Denver Endoscopy Center

8155 E. First Avenue
Denver, CO 80230
303-344-4844

HalfLytely

2 to 3 days before your colonoscopy:

Avoid raw fruits, raw vegetables and grains (especially whole wheat, seeds or nuts) for 2 days before the procedure.

1 day before your colonoscopy:

Enjoy a light breakfast such as cereal, toast, eggs (but without seeds, raw fruits or raw vegetables). After your breakfast meal DO NOT eat solid food until after your colonoscopy is performed the following day. YOU MAY HAVE ONLY CLEAR LIQUIDS UP TO THREE (3) HOURS BEFORE YOUR PROCEDURE. Chewing Gum is acceptable. Clear liquids include water, apple juice, ginger ale, 7-up, coffee (black), tea (no milk or creamers), Gatorade (not red in color), jello (not red in color), chicken broth (fat free) or beef broth (fat free).

The day before your colonoscopy:

At Noon:

Take **one (1)** 5mg tablet of bisacodyl (Dulcolax).

At 6 PM:

Drink the **2 liters** of HalfLytely liquid. Try to finish in 1 to 2 hours. Some people find it easiest to drink 10 oz every 10 minutes. If you feel like vomiting, slow down your rate of drinking or take a break for an hour.

DO NOT HAVE ANYTHING TO DRINK FOR 3 HOURS BEFORE YOUR PROCEDURE.

For example, if you are scheduled for a 10 A.M. procedure, stop your clear liquid diet and have nothing by mouth after 7 A.M. the morning of your procedure.