



# Michigan Center for Fertility & Women's Health

## PREPARATION USING HALF LYTLY AND PILLS

If you are a **DIABETIC** (on insulin injections or pills by mouth) To prevent severe drops in blood sugar, we prefer you would avoid diabetes medication during the day of the preparation and also the day of surgery. Once you are eating solid meals, you may resume your regular dosing. **You must consult with your personal physician prior to skipping the insulin or the pills.**

If you are on a **BLOOD THINNER** such as Coumadin, Aspirin, Plavix and others, contact your internist prior to the procedure to authorize discontinuing the blood thinner ahead of time.

---

\*\*\***FOUR DAYS PRIOR** TO YOUR SURGERY DO NOT EAT cereals, seeds, nuts, fruits, vegetables or salads. Avoid food with fiber. Potatoes are allowed without the skins. You may eat: pasta/noodles, meat, eggs, fish, yogurt, cheeses, ice cream...food without fiber.

\*\*\***THE DAY PRIOR** TO YOUR SURGERY: Prepare HALF LYTELY in the morning! **Drink only clear liquids** for breakfast, lunch and dinner. Clear liquids include: water, clear fruit juices (orange, apple, grape, cranberry) lemonade, Gatorade, Hawaiian Punch, bouillon, jello (NO RED) coffee and tea (without milk or cream) and all soda pop. NO solid food, milk or milk products.

### **BETWEEN 5:00 AND 7:00 PM**

Drink an 8 oz. glass of Half Lytely every 15 minutes, until the half gallon is gone.

### **AT 7:00, 7:30 AND 8:00 PM**

Take the **3 pills** that are included in the Half Lytely box at the times mentioned.

During the prep you may have **hard candy (no chocolate)** to reduce any unpleasant taste in your mouth. Some nausea and occasional vomiting are possible side effects. The bowel movements will be almost continuous, and usually start within 1 or 2 hours after drinking the laxative. Keep close to a bathroom to avoid accidents. It is advisable to use **flushable baby wipes** instead of toilet tissue to minimize unnecessary irritation. Usually by midnight the preparation is completed and a good night sleep is possible. However, in some cases the bowel movements continue. It is advisable to sleep with Depends or towels to avoid unexpected soiling.

Avoid your medications through the early evening since they will be quickly eliminated by the laxative. You may take your medications with sips of water before going to bed. Also, if you take any morning medications for high blood pressure or heart conditions, you can take them with sips of water prior to your departure from home. Otherwise, **do not eat or drink anything after midnight**