

HalfLyte Bowel Prep

Dear Patient,

Your doctor has recommended these instructions to help prepare you for your colonoscopy. Please fill the enclosed prescription in advance of your procedure. Please talk to your doctor about any questions you have regarding this preparation. ***Patients who take medications on a regular basis should consult their doctor regarding their use in preparation of colonoscopy.***

Day before colonoscopy

- 1- Drink only clear fluids for breakfast, lunch and dinner. These include water, clear fruit juices (apple, grape, Gatorade), bouillon and Jell-O (but not red or orange Jell-O). Do not consume solid food or milk products.
- 2- At 4:00 PM , take 2 bisacodyl tablets with water.
 - Do not chew or crush
 - Do not take bisacodyl tablets within 1 hour of taking an antacid
- 3- Mix Halflytely solution: Tear open one Flavor Pack of choice and pour into HalfLyte bottle.
 - Add lukewarm drinking water to top of line of bottle
 - Cap bottle and shake to dissolve the powder
 - The reconstituted solution will be clear and colorless.
- 4- Wait for a bowel movement
 - After a bowel movement occurs (usually in 1-6 hours), begin to drink the solution
- 5- Drink all of the solution
 - Drink 1 (8oz.) glass every 15 minutes (about 8 glasses). Drink each glass quickly rather than drinking small amounts continuously.

Do not have anything to eat or drink after midnight prior to your procedure.

Note:

- 1: If you develop discomfort or distention (bloating), stop drinking the solution for a while or wait longer between drinking each glass until the discomfort goes away.
- 2: Do not take any other medicines within 1 hour of starting to drink the solution
- 3: Nausea, cramping and abdominal fullness are the most common adverse reactions