

GASTROENTEROLOGY MEDICAL CLINIC

HalfLyte Standard Prep

5 days before your colonoscopy

Read all prep instructions.

Stop herbals, vitamins, and oral iron supplements.

Arrange for a driver for your procedure.

2 days before your colonoscopy

Obtain HalfLyte from your pharmacy.

Confirm that you have a driver to take you home following your procedure.

At 6 p.m. mix the prescription for HalfLyte laxative. Fill the container provided with tap water up to the line on the bottle, then refrigerate.

The day before your colonoscopy

NO SOLID FOOD. NO ALCOHOL.

Clear liquids ALL DAY.

At 2:00 p.m. take the 1 Bisacodyl tablets with water.

Begin drinking HalfLyte prep at 5 p.m. Drink 1 (8 oz) glass every 10 minutes until all the prep is gone.

The first bowel movement should occur within a few hours after the start of HalfLyte. You may experience some abdominal bloating and distension before the bowels start to move. If severe discomfort or distension occurs, stop drinking temporarily or drink each portion at longer intervals until these symptoms disappear.

The day of your colonoscopy

NO SOLID FOOD. NO ALCOHOL.

You may take your morning medications. Do not take aspirin and anti-inflammatory medications (Motrin, Advil, Ibuprofen, Aleve and others) until after the procedure.

You may continue to drink clear liquids until 3 hours before your scheduled procedure time.

After the procedure you may eat your usual diet unless otherwise instructed. **Drink 8 ounces of liquid at least 6 times after the procedure and before retiring for the night.**

Clear Liquid Diet – (no red or purple)

Gatorade

Clear fruit juices (apple juice)

Water, Kool-Aid

Clear soup, broth or bouillon

Tea/coffee without cream

Sodas: 7-up, Sprite, regular or diet Pepsi/Coke

Jell-O, Hard candies

Popsicles (no sherbets/fruit bars)

No solid foods, milk or milk products.