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COLONOSCOPY PREPARATION USING HALFLYTELY®

Follow the steps below to make sure that your colon is completely clean before your colonoscopy. Call the office if you have questions.

- Fill the prescription provided by your doctor for *HalfLytlely*®. The pharmacist will give you a large plastic jug containing a small amount of powder and 2 *Bisacodyl* tablets.
- The day before your colonoscopy, solid foods, milk or milk products are not allowed. Drink only “clear liquids” for breakfast, lunch and dinner. Please avoid any red or purple colored liquids.
“CLEAR LIQUIDS” include:
 - strained fruit juices without pulp (apple, white grape, lemonade)
 - water, tea, coffee (without milk or non-dairy creamer)
 - clear broth or chicken, beef or vegetable bouillon
 - Kool-Aid®, Gatorade®, soda (e.g. Pepsi®, Coke®, 7-UP®) carbonated and non-carbonated soft drinks
 - Plain Jell-O® (without added fruits or toppings), Ice Popsicles®
 - Boost Breeze® or Enlive!® (nutritional juice drinks with 160 and 300 calories per serving respectively)
 - **Alcohol is *not* recommended since it may cause dehydration.**

On the morning of the day before your colonoscopy, fill the *HalfLytlely*® bottle to the top of the fill line with water and refrigerate.

When to take *Bisacodyl* and *HalfLytlely*® solution:-

IF YOUR ARRIVAL TIME IS BEFORE 10:00AM:

Take both *Bisacodyl* tablets at **4 pm** on the day before your colonoscopy. 4 to 6 hours later, start drinking the *HalfLytlely*® solution. Drink one cup of the mixture every 10 to 15 minutes until the solution is finished. **You must drink all the *HalfLytlely*® solution, and you must do so over no more than 2 hours.**

IF YOUR ARRIVAL TIME IS AFTER 10:00AM:

Take both *Bisacodyl* tablets at **6 pm** on the day before your colonoscopy. On the day of your colonoscopy, start drinking the *HalfLytlely*® solution four hours prior to your arrival time. **You must drink all the *HalfLytlely*® solution, and you must do so over no more than 2 hours.**

Bisacodyl and *HalfLytlely*®, are powerful colon cleansers. Stay near a bathroom after taking.

Continue to drink clear liquids until 3 hours before your appointment arrival time.

Do not take anything by mouth for three hours before your appointment arrival time at the hospital or Endoscopy Center.