

Digestive Health Physicians
Gastroenterology, Gastrointestinal Endoscopy, Hepatology
(239) 939-9939

PREPARATION FOR COLONOSCOPY WITH HALFLYTELY
Morning Prep

You have been scheduled to undergo Flexible Sigmoidoscopy or Colonoscopy. In order for the examination to be successful, your colon must be completely cleared of stool. For this reason, you must take a laxative preparation the day before the procedure. **Please follow these instructions carefully.** If your colon is not completely clear, it may interfere with the ability to diagnose your problem and could even require that the test be repeated. This preparation is safe in all patients, including those with a history of congestive heart failure or kidney failure. Please call our office if you have any questions about the preparation or if you have any problems during the laxative preparation 239-939-9939 option 4.

Your procedure is scheduled on: _____

The Facility you are to report to: Bonita Community Health Center, 1st Floor, Surgery Center

Please arrive for the procedure: One Hour prior to your scheduled procedure time

You must have someone drive you home. You
will be unable to drive until the day after the procedure.

INSTRUCTIONS THE DAY BEFORE THE PROCEDURE IS SCHEDULED:

The day before your procedure add lukewarm drinking water to top of the line on bottle. You will be given flavor packets please add the flavor of your choice to the bottle. Cap bottle and shake to dissolve the powder. Refrigerate after mixing well.

The day before your procedure you will be on **clear liquids only for the entire day (NO SOLID FOODS, RED LIQUIDS, OR MILK PRODUCTS)** Clear liquids are coffee, tea, soda, water, apple/white grape juice, broth, Jell-O, Gatorade, and popsicles. Drink plenty of clear liquids all day until you go to bed.

At 3:00pm Take the 1 Bisacodyl tablet with water.

At 4:00pm begin drinking the HALFLYTELY solution, drinking an 8-ounce glass every 10 minutes until the entire laxative is gone. Drink each glass quickly rather than drinking small amounts continuously.

If you should become nauseated, stop for 30 minutes and then resume drinking solution.

You may not have anything to by mouth after MIDNIGHT on the day before your procedure

If you are diabetic, take blood thinners or aspirin, heart, or blood pressure medications; please refer to special instructions given to you. Please refrain from smoking the day of the procedure. If you are asthmatic, please bring your inhalers. If you are diabetic, please bring your insulin.

Shopping List: Clear liquids (listed above), Halflytely (prescription given to you.)