

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

**PREPARATION FOR COLONOSCOPY WITH HALFLYTELY**

**AFTERNOON PROCEDURE**

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 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, 1<sup>st</sup> Floor, Surgery Center

Please arrive for the procedure One Hour Prior to your schedule procedure time

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

**INSTRUCTIONS FOR THE DAY BEFORE THE PROCEDURE IS SCHEDULED**

On 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.

On the day before your procedure Mix the Solution - add lukewarm drinking water to top of the line on bottle. Cap bottle & shake to dissolve powder. Do not add anything to the solution other than the Flavor Packs provided. Refrigerate solution.

On the day before your procedure at **5:00 pm** take the **1** tablet included with your HalfLytey kit with a glass of water.

On the day before your procedure at **7:30 pm** start drinking the solution. Drink one glass every 15 minutes and drink at a steady pace. Drink a total of 4 - 8 oz glasses. Cap the bottle and refrigerate for the next day.

**INSTRUCTIONS FOR THE DAY OF THE PROCEDURE**

On the day of your procedure at **7:30 am** drink the rest of the solution. Drink one glass every 15 minutes and drink at a steady pace. Drink the remaining solution in full - should be about 4 - 8 oz glasses. **DO NOT HAVE ANYTHING BY MOUTH AFTER 9:00 am.**

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), HALFLYTEY (prescription given to you.)**