

## PREPARATION FOR COLONOSCOPY

### SUPPLIES NEEDED

1. One bottle HALFLYTELY with Bisacodyl tablets from pharmacy (see attached prescription).
2. Clear liquids.

### SEVEN DAYS BEFORE EXAMINATION

Continue taking all medicines except for the following:

- Metamucil, Hydrocil and other bulk preparations
- Iron supplements
- Aspirin (baby and regular)
- Non-steroidal anti-inflammatory drugs (Ibuprofen, Advil, Motrin, Nuprin, Naprosyn, Feldene, Clinoril and similar medications)
- Coumadin (please discuss this with your physician)
- Plavix (please discuss this with your physician)
- Diabetic medications (please discuss this with your physician/see note below)

*Note: Tylenol (Acetaminophen) is safe to take prior to this examination.*

*If you have Diabetes, discuss the management of your diabetes with your doctor. In general, you should not take your usual dose of insulin or diabetic pills on the day of your examination.*

### DAY BEFORE EXAMINATION

1. You may have nothing but clear liquids, such as apple juice, cranberry juice, sodas, clear broth or Jello. (Avoid RED Jello). Coffee and tea are acceptable without dairy products, sweeteners, creamers or sorbitol.
2. At 12:00 pm (noon) or as soon as possible thereafter, take both (2) Bisacodyl tablets with water.  
*Do not chew or crush tablets, and do not take within 1 hour of taking any type of antacid.*
3. One hour later (at 1:00pm) mix the HALFLYTELY solution.  
*Add lukewarm drinking water to the top of the line on the bottle. Cap bottle and shake to completely dissolve the powder, then REFRIGERATE. Use within 48 hours.*
4. At 6:00 pm, begin taking the solution by drinking one 8 oz. glass every 15 minutes. (Total of 8 glasses or 2 quarts/liters). Be sure to drink all of the solution!!
5. It is not unusual to experience some abdominal bloating and nausea during the preparation. It is usually mild and transient, and will be helped by drinking the liquid slowly through a straw.
6. If you are Diabetic it is ok to drink Orange Juice.
7. You may also purchase Crystal Light packet to assist with the flavor of the prep for the Colonoscopy.

### DAY OF EXAMINATION

Take nothing by mouth after midnight. You should, however, take your regular morning medications EXCEPT as indicated above. If your procedure is in the afternoon, you may continue drinking clear liquids up to 4 hrs before your procedure time.