

HalfLyately Prep

5 DAYS BEFORE THE COLONOSCOPY:

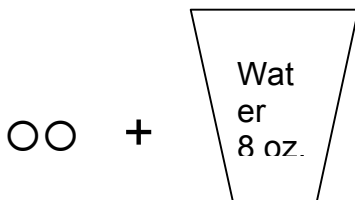
- **Stop** taking iron (including multivitamins) or Pepto Bismol.
- Avoid foods that contain seeds or nuts starting today and up to the procedure.
- Purchase **HalfLyately** preparation kit (by prescription) from your drug store.

CHECKLIST for 5 DAYS BEFORE THE COLONOSCOPY

- Obtain the HalfLyately laxative preparation from the pharmacy.
- Stop taking any medications as instructed by your doctor.

1 DAY BEFORE THE COLONOSCOPY:

- Have clear liquids only for breakfast, lunch and dinner. These include water, coffee, tea, milk, clear broth, juices without pulp (no orange juice), soda, Gatorade, Jello or plain yogurt.
- It is important to drink plenty of fluids throughout the day .
- Do not drink red colored liquids as they can interfere with the test. Do not drink alcohol.
- At **4 pm take two (2) bisacodyl tablets** with a glass of water. Do not crush or chew tablets. Do not take tablets within one hour of taking an antacid.



- Add lukewarm water to the line at the top of the bottle of HalfLyately powder. Replace the cap and shake to dissolve the powder. The solution will be clear and colorless, do not add anything else, such as flavorings, to the solution.
- After a bowel movement, begin to drink the solution. One will usually occur within 1-6 hours. If you have not had a bowel movement by **9 pm**, begin to drink the solution.
- Drink 1 (8 ounce) glass every 10 minutes, which is about 8 glasses. Drink each glass rather quickly rather than small amounts continuously. A watery bowel movement should begin within one hour. **Be sure to drink all of the solution.**
- If you begin to feel sick to your stomach while taking the HalfLyately, take a short break until the feeling passes.
- Other clear liquids can be taken during the evening. Medicines should be taken on their regular schedule except the ones mentioned above. Nothing to eat or drink after midnight.

CHECKLIST for 1 DAY BEFORE THE COLONOSCOPY

- 7-9 am: Light breakfast. Liquids only after breakfast.
- Drink clear liquids throughout the day.

- 4 pm: Take the 2 bisacodyl tablets with a glass of water.
- Mix the HalfLytley solution with water to the fill line as directed.
- After your first bowel movement or at 9 pm, whichever comes first, drink the first half of the HalfLytley laxative solution. One glass every 10 minutes until the first half is finished. Store the remaining second half in the refrigerator until tomorrow.

DAY OF THE COLONOSCOPY:

- Take your usual morning medications (except the ones mentioned earlier) with a small amount of water. **Nothing else by mouth until after the procedure.**
- Make sure you have someone to drive you home from the procedure. **You will not be able to drive for 24 hours.**
- Wear loose fitting, comfortable clothing.

CHECKLIST for DAY OF THE COLONOSCOPY

- Take your regular medications, except those listed or as instructed by your doctor.
- Nothing to eat or drink

You will be drowsy from the medication, and will NOT be able to drive yourself home. Please arrange to have someone drive you home. No exceptions will be made.

Bring a photo I.D. and insurance card.