

INSTRUCTIONS FOR COLONSOCOPY WITH HALFLYTELY

***Please read instructions carefully - you will need to obtain the Halflytely from the pharmacy with the prescription you are given.**

***Please follow these instructions so that you will obtain the best possible results from your test. In the morning, the day before the procedure, prepare the Halflytely by adding lukewarm tap water to the designated line on the container, shake it, and place it in the refrigerator if you wish. You may also add the optional Flavor Pack if desired. However, the solution may also be consumed without the flavor packs. You will begin drinking it later in the day as instructed below.**

***Please remember:** Stop all aspirin, ibuprofen, Coumadin, and/or blood thinners five (5) days prior to your procedure. Patients who are taking medication for cardiac reasons should take their medication as usual with sips of water. You may take Tylenol for pain if needed.

Note: This is a laxative and it will cause multiple bowel movements. Please stay close to the toilet facilities.

DAY BEFORE PROCEDURE: **DATE:** _____

1. Drink only "clear liquids" for breakfast lunch, and dinner. Solid foods, milk, or milk products are not allowed. If your procedure is scheduled for the following afternoon, you may have a regular breakfast the morning before the exam.
2. "CLEAR LIQUIDS" include: Strained fruit juices without pulp (apple, white grape, lemonade), water, clear broth or bouillon, coffee or tea (without milk or non-dairy creamer), and all the following that are not colored red or purple: Gatorade, carbonated and non-carbonated soft drinks, Kool-Aid (or other fruit flavored drinks), plain Jell-O (without added fruits or toppings), popsicles, and sherbet (lemon or lime flavors only).
3. At 12:00 noon, take all four (4) dulcolax tablets (found in the prep kit) with an approved clear liquid. The first bowel movement should occur in approximately 1-6 hours after taking these tablets.
4. Following the first bowel movement or a maximum of 6 hours later (6:00 p.m.), begin drinking the Halflytely solution at a rate of 1 (8 oz) glass every 10-20 minutes (approximately 8 glasses). Drink all of the solution. Rapid drinking of each portion is preferred to drinking small amounts continuously. A watery bowel movement should occur in approximately 1 hour after drinking the solution.
5. Please do not eat or drink anything after midnight. If your procedure is scheduled in the afternoon, you may have clear liquids up to 4 hours prior to the procedure.

DAY OF PROCEDURE: **DATE:** _____

1. If you need to take the medication the morning of the procedure, drink only a small amount of water. **Please do not take blood pressure medications the morning of the procedure as the medication you received during the procedure often lowers blood pressure.**
2. A driver will be necessary due to an intravenous sedative you will be given before the procedure. This sedation will make you too drowsy to safely drive a motor vehicle.