

# GASTROENTEROLOGY CENTER

DR. HANS ADAMS

## INSTRUCTIONS FOR COLONOSCOPY PREP WITH HALFLYTELY

PREP TO BE DONE THE DAY BEFORE THE PROCEDURE

NO SOLID FOOD ALL DAY. ABSOLUTELY NO MILK OR DAIRY PRODUCTS OR RED AND PURPLE LIQUID.

### APPROVED CLEAR LIQUIDS

WATER  
GATORADE  
FRUIT JUICES  
(without pulp)

BROTH  
LEMONADE  
SOFT DRINKS

BOUILLON  
KOOL-AID  
TEA

JELLO  
POPSICLES  
COFFEE

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**STEP 1.** When you wake up, add lukewarm water to the fill line on the bottle of Halflytely, shake thoroughly until all of the powder is completely dissolved, then refrigerate.

**STEP 2.** Take all (2) Bisacodyl Tablets at noon with water. DO NOT chew or crush tablets. DO NOT take within 1 hour of antacids. If the kit contains (4) tablets, please discard the other (2) tablets.

**STEP 3.** Start drinking the solution by 4:00 p.m. and finish by 8:00 p.m.

DO NOT DRINK ANYTHING ELSE WHILE DRINKING THE SOLUTION. AFTER ALL OF THE SOLUTION IS GONE, DRINK CLEAR LIQUIDS UNTIL MIDNIGHT. AFTER MIDNIGHT, NOTHING TO EAT OR DRINK UNTIL AFTER THE TEST.

**If on MEDS:** Contact your primary physician or cardiologist if you are taking Coumadin, Plavix, Ticlid, Aggrenox, or have a metal heart valve for procedure clearance. **Your cardiologist must give you approval to take or stop these medications.**

**NOTE:** If you have severe ulcerative colitis, consult you physician before using this product.

If you have severe discomfort or distention (bloating), STOP drinking the solution for a while or wait longer between drinking each glass until discomfort subsides. Nausea, cramping and abdominal fullness are a Common reaction with this prep.

**DAY of Procedure:** Take blood pressure medications if prescribed with a small amount of water. Do not take other medications until test is completed.