

DIGESTIVE HEALTHCARE

Halflytely Preparation for Colonoscopy

Name _____ Date _____ Arrival Time _____

Physician _____ Location _____

*****DO NOT TAKE ANY IRON FOR 5 DAYS PRIOR TO YOUR PROCEDURE*****

****Special Medication Instructions:** _____

On the day before your colonoscopy (as soon as you wake up):

1. Mix Halflytely with lukewarm water up to the "Fill Line" as indicated on the container. Shake well and place in the refrigerator.
2. Begin a clear liquid diet.

On your clear liquid diet you may have:

Water

Clear broth (beef or chicken)

Soft Drinks (not red or purple)

Coffee (no cream)

Clear fruit juice (apple/white grape)

Tea

Gatorade (not red or purple)

Popsicles (not red or purple)

Jell-O (not red or purple)

Lemonade (no pulp)

3. At 4:00pm you will take the 2 Bisacodyl (Dulcolax) tablets with water. **DO NOT** chew or crush them. **DO NOT** take the Bisacodyl tablets within 1 hour of taking an antacid.
4. After you have a bowel movement, you will begin to drink the Halflytely solution. **If you do not have a bowel movement by 8:00pm, start drinking the Halflytely anyway.** You should drink 1 (8 oz) glass every 10 minutes until you have had a total of 5 glasses. Try to drink each glass quickly. Refrigerate the remaining solution.

On the day of your colonoscopy:

1. At least 3 hours before your arrival time, drink the remainder of the solution in the same manner as above (there will only be 3 glasses left to drink).
2. You can go ahead and take your usual morning medicines as well unless you have been instructed otherwise by the nurse or scheduler.

****DO NOT DRINK ANY LIQUIDS FOR AT LEAST A FULL 2 HOURS BEFORE YOUR ARRIVAL TIME****

YOU MUST BE DRIVEN HOME AFTER YOUR COLONOSCOPY

Call Nursing at 791-2040 with any questions.
You can also visit our website at www.dhcraleigh.com for answers to FAQs.

ARRIVAL TIME IS SUBJECT TO CHANGE.