

# DIGESTIVE HEALTHCARE

## Halflytely Preparation for Colonoscopy

Name \_\_\_\_\_ Date \_\_\_\_\_ Arrival Time \_\_\_\_\_

Physician \_\_\_\_\_ Location \_\_\_\_\_

**For 3 days before your colonoscopy, DO NOT take Aspirin, Ibuprofen, Aleve, Motrin, Iron, Naproxen, BC Powder, or Goody's Powder.**

**\*\*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.

**ARRIVAL TIME IS SUBJECT TO CHANGE.**

You can also visit our website at [www.dhcraleigh.com](http://www.dhcraleigh.com) for answers to FAQs.

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