

Pre-Procedure Patient Instructions

HalfLyte[®] Prep

You have received a prescription for HalfLyte[®] Laxative. Have your prescription filled at a pharmacy. You must complete the entire prep to ensure the most effective cleansing. If waste is left in the colon, the physician cannot see the colon properly. This could lead to a longer and potentially inaccurate exam, which may necessitate a second exam.

On the day before your procedure, after noon...

- No solid food, clear liquids ONLY.
- DO NOT drink milk.
- DO NOT eat or drink anything colored red or purple.
- DO NOT drink alcoholic beverages.

If you have any questions about whether a particular drink is acceptable, ask your doctor or download our [Clear Liquid Diet pdf](#).

- 1** Take the bisacodyl tablet with water 15 minutes prior to your first drink of HalfLyte. Do NOT chew or crush the bisacodyl tablet. No antacids should be taken within one hour of taking the bisacodyl tablet.
- 2** Tear open one flavor pack of choice and pour into HalfLyte[®] bottle. Discard unused packs. Solution can be used with or without flavor packs. Add drinking water to top of line on bottle. Cap bottle and shake to dissolve. The mixed solution will be clear and colorless. The solution should be used within 48 hours. The solution may be refrigerated (it will taste better when chilled).
- 3** After a bowel movement occurs (usually in 1 to 6 hours), begin to drink the solution. Begin drinking the solution after 6 hours even if a bowel movement has not occurred by then.
- 4** Drink one (1) 8-ounce glass every 10 minutes. A watery bowel movement should begin in approximately 1 hour. Be sure to drink ALL of the solution. You will continue to have loose bowel movements for about 1 to 2 hours after finishing. Cramping may be experienced with bowel movements.
- 5** Please take your heart and/or blood pressure medications with a sip of water 4 hours prior to the procedure. Talk to your doctor about discontinuation of blood thinners.

Important Notes:

REMEMBER: DO NOT eat food or drink milk on the day of the prep (drink clear liquids only). If you have questions about using the HalfLyte[®] and bisacodyl tablet bowel prep, be sure to ask your physician.

Colonoscopy prep causes the body to lose a significant amount of fluid and can result in sickness due to dehydration. It's important that you prepare your body by drinking extra clear liquids before the prep. Stay hydrated by drinking all required clear liquids during the prep. Replenish your system by drinking clear liquids after returning home from your colonoscopy.

Do not take oral diabetes medication the morning of the examination. If you are diabetic taking insulin, you are instructed to contact the prescribing physician for necessary insulin dosage adjustments.