

HALFLYTELY PREP

PREPARING FOR YOUR COLONOSCOPY

- 1) On _____ the day before your prep, take 2 Bisacodyl tablets with a full glass of water before bed.
- 2) On _____ the day before your procedure, **drink clear liquids only for breakfast, lunch and dinner.** You may have clear liquids until midnight.
- 3) In the morning of your prep, add lukewarm drinking water to the top line on the Haflytely bottle. Cap bottle and shake to dissolve. The liquid will be clear. Do not add anything else to the solution. Refrigerate until needed.
- 4) Between 4:00 – 6:00 start drinking the Halflytely solution. Drink 1 (8oz) glass every 15 minutes until ½ of the solution is gone.

IF YOUR COLONOSCOPY IS SCHEDULED IN THE MORNING BEFORE 12 PM

Starting between 8:00 – 9:00 repeat **STEP 4** until the remaining solution is gone
You can continue to drink clear liquids until 12:00 midnight. **PLEASE REMEMBER AFTER MIDNIGHT NOTHING TO EAT OR DRINK, NOT EVEN GUM OR MINTS.**

IF YOUR COLONOSCOPY IS SCHEDULED AT 12 NOON OR LATER

Repeat **STEP 4** starting at 5:00am the morning of your procedure **PLEASE REMEMBER NOTHING TO EAT OR DRINK EXCEPT FOR THE SOLUTION, NOT EVEN GUM OR MINTS.**

**** IF YOU ARE DIABETIC TAKE NO ORAL DRUGS THE DAY BEFORE AND THE MORNING OF YOUR TEST. IF YOU TAKE INSULIN: TAKE ½ DOSE INSULIN THE DAY BEFORE THE TEST AND NONE THE DAY OF THE TEST.**

****THE MORNING OF YOUR PROCEDURE TAKE ALL HEART AND BLOOD PRESSURE MEDICINE WITH A SMALL SIP OF WATER**

**YOU MUST HAVE SOMEONE TO DRIVE YOU HOME
IF TAKING TRANSPORTATION SOMEONE MUST BE WITH YOU**

Date: _____ Arrival Time: _____ Place: _____