

## HALFLYTELY® BOWEL PREPARATION

Your efforts at cleansing your colon are essential for an accurate and safe procedure. The instructions provided below are designed to maximize the ease, safety and success of your preparation. **If you believe your prep has not been effective please inform the nurse and physician prior to the procedure.**

### Purchase the following at the pharmacy

- HalfLytely® kit (prescription provided). **Do not follow the instructions on the back of the box but rather those instructions below.**
- Optional: Plain or aloe Baby wipes and Desitin (minimizes bottom irritation)
- Optional: A&D ointment (minimizes bottom irritation)

### Day before the procedure

- Eat only a clear liquid diet throughout the day. No red or purple liquids. Avoid all solid food, dairy products and juices with pulp. Examples of clear liquids can be found on the reverse side (page 2). **Drink as much fluid throughout the day.**
- Prepare HalfLytely® by adding drinking water to the top line on the bottle. Cap the bottle and shake to dissolve. The solution may be refrigerated but must be used within 48 hours of mixing.
- 12:00 p.m. – Take 2 Bisacodyl tablets with a glass of water
- 6:00 p.m. – Drink 8 oz of prepared HalfLytely® every 10 to 15 minutes until gone.
- Continue clear liquid diet.

### Day of procedure

- You may take necessary medications with small amount of water.
- You may continue clear liquid diet until 3 hours prior to your procedure.
- **DO NOT TAKE ANYTHING BY MOUTH 3 HOURS PRIOR TO YOUR PROCEDURE TIME.**

**Please drink plenty of clear liquids throughout the day to prevent dehydration. You may have clear caffeinated beverages; however please do not make these a majority of your liquids.**

## CLEAR LIQUID DIET

Apple juice

Cranberry juice (okay because it is naturally red)

White grape juice

Propel fitness water (any flavor)

Gatorade (no red or purple)

Tea

Coffee. No cream or dairy products added.

Chicken or beef broth (strained)

Jell-o (no red or purple)

Popsicles (no red or purple)

**You may have clear liquids with caffeine. However, please do not make it the majority of your liquids.**