

Ocean Surgical Pavilion

Colonoscopy Prep Instructions – HalfLyte PM Procedure

It is very important that you follow each step and complete all of these instructions or your colonoscopy may need to be repeated. The bowel preparation will not work properly unless you **drink plenty of liquids.**

You may have a light breakfast (oatmeal, cereal, toast). Starting at noon – **Liquids Only!**

Stop drinking liquids 4 hours prior to your procedure time.

Clear liquids include:

- Water
- Gatorade
- Fruit juices without pulp (apple, white grape, lemonade)
- Coffee or tea without milk or non-dairy creamers (sugar substitutes are fine)
- Clear broth or bouillon (low sodium)
- Carbonated or non-carbonated soft drinks (NO RED,PURPLE, or BLUE)
- Kool-Aid or flavored drinks (NO RED, PURPLE, or BLUE)
- Popsicles or Italian Ice (NO RED,PURPLE or BLUE)
- Jell-o without fruit or toppings (NO RED,PURPLE, or BLUE)

1 Day Before Exam: _____

Drink only liquids from the above list for breakfast, lunch and dinner.

At **7PM** – Take 4 Dulcolax tablets

At **7PM** – Add drinking water to top of the line on the HalfLyte bottle. Cap the bottle and shake to dissolve the powder. The solution will be clear and colorless. DO NOT add flavorings or anything else to the solution! Place the bottle in the refrigerator to get cold.

Day of the Procedure: _____

At **6AM** - Drink an 8 oz. glass of HalfLyte solution. Drink each glass quickly rather than drinking small amounts continuously, using a straw may help to drink the liquid quickly.

- Continue drinking an 8 oz glass of HalfLyte solution every 10-15 minutes. Be sure to drink ALL solution.
- You may take your medications with very small sips of water.

It usually takes about an hour to begin to notice the diarrhea affect. You may notice some bloating or cramping at the beginning of the prep, but this usually gradually improves once the diarrhea begins. Occasionally, some may develop nausea with vomiting. The best remedy for this is to take a break from the HalfLyte solution for about a half hour to allow it to move downstream, and then to resume drinking at a slower rate. It usually takes two hours to complete the entire container, the diarrhea may continue for about an hour or two after completing the prep. Many have found that drinking the prep through a straw and chilling the solution improves tolerance.

How to know if the prep is adequate: The stool should be watery in consistency. It does not have to be clear in color like water since digestive juices will continue to tint the stool yellow and small flecks or debris are not a problem as long as the stool is not muddy or thick.