

## COLONOSCOPY TWO DAY PREPARATION INSTRUCTIONS – Halflytely

Patient Name: \_\_\_\_\_ Doctor: \_\_\_\_\_

Procedure Date: \_\_\_\_\_ Check-in at \_\_\_\_\_ a.m./p.m. with procedure to follow one hour later.

Facility where procedure is to be performed: Southeast Valley Endoscopy Center

### FILL THE PRESCRIPTION AT THE DRUG STORE:

- Halflytely Bowel Prep Kit (Includes: 1 Bisacodyl tablets & one 2 liter bottle of Halflytely)

### DAY #1- TWO DAYS BEFORE YOUR PROCEDURE:

- **For the entire day**, follow a full liquid diet, only- smooth ice cream, milk, pudding, Vegetable juice, fruit juice/nectar, liquid supplements (Boost, Ensure, Resource, Sustacal), soup (broth, bouillon, consommé and strained cream soups- NO SOLID FOOD).

### DAY # 2- THE DAY BEFORE YOUR PROCEDURE:

- **FOR THE ENTIRE DAY BEFORE YOUR TEST, FOLLOW A CLEAR LIQUID DIET. NO SOLID FOODS MAY BE EATEN!** We recommend that you drink at least 32 ounces of clear fluids before beginning the prep. Clear liquids include water, pulp-free juice, tea, coffee, soda, clear broth, Jell-O, popsicles and Gatorade. Please do not consume milk, milk products, non-dairy creamer, red or purple products or alcoholic beverages.
- **NOTHING BY MOUTH 4 HOURS PRIOR TO YOUR CHECK-IN TIME – THIS INCLUDES WATER, MEDICATIONS, GUM AND MINTS.** You may continue to drink clear liquids up to four hours prior to your check-in time.
- **WHEN TO DRINK THE LAXATIVE SOLUTION:**
  - **At 12:00 p.m. the day before your colonoscopy**, swallow the 1 bisacodyl tablets with water. Do not crush or chew the tablets.
  - **At 1:00p.m. the day before your colonoscopy**, add lukewarm water to the top of the line on the container, replace the cap and then shake to dissolve the powder. Put in the refrigerator to chill.
  - **From 1:00 p.m. – 6:00 p.m. , wait for a bowel movement. Once you have a bowel movement, begin to drink the solution from the container. Drink an 8 oz glass of the solution every 10 minutes until gone. If you have not had a bowel movement by 6:00 p.m., begin to drink the solution anyway.**
  - **After finishing the solution, please continue to drink plenty of the approved fluids up until 4 hours prior to your schedule appointment time.**

<b>REMINDER: Nothing by mouth 4 hours prior to your check-in</b>
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- **Failure to follow these instructions could result in your procedure being postponed or cancelled. This is for your safety and to prevent an increased risk of pulmonary aspiration due insufficient time to allow stomach contents to be empty.**