

Halflytely split dose protocol

Halflytely comes with a ½ gallon container with the laxative powder already inside. There is also a single bisacodyl laxative tablet

Date of laxative prep (1 day before colonoscopy): _____

REMINDER: DRINK ONLY CLEAR LIQUIDS STARTING AS SOON AS YOU WAKE UP IN THE MORNING. See the general instructions for details of the clear liquid diet.

Drink an extra 8 ounces of clear liquid every hour between 11 am and 5 pm.

- **At 11 AM**
 - Take the bisacodyl tablet.
 - Mix the solution
 - If you wish to use one of the flavor packets, open it and pour the contents of one flavor packet into the bottle before adding the water.
 - Add lukewarm drinking water to the top line of the bottle. Replace the cap on the bottle and shake to dissolve the powder. You may chill the fluid in the refrigerator if desired.
- Drink an extra 8 ounces of clear liquid every hour between 11 am and 5 pm.
- **At 5 PM**
 - Drink half of the solution: Take 8 ounces every 10 minutes; you will drink four glasses (32 ounces).
 - Drink at least 16 ounces of the clear liquid of your choice over the course of the rest of the evening.
- **6 hours before your scheduled arrival time for colonoscopy: TIME:** _____ (This likely will require you to get out of bed in the early morning or middle of the night.)
 - Drink the rest of the solution. Drink 8 ounces every 10 minutes. There may be a small amount of liquid left over after the fourth 8 ounce glass, be sure to drink this amount too.
 - Drink 16 ounces of the clear liquid of your choice.

YOU MAY CONTINUE CLEAR LIQUIDS UNTIL 4 HOURS PRIOR TO THE PROCEDURE, BUT NOTHING BY MOUTH AFTER THAT INCLUDING WATER.

YOU MUST HAVE A DRIVER PRESENT TO TAKE YOU HOME AFTER THE PROCEDURE.

A note on overnight dosing of the laxative: You may not have taken the second dose of the laxative in the middle of the night for a colonoscopy in the past. Research shows that if the second dose of the laxative is started 6 hours before the colonoscopy, the colon is cleaner on average.