

Ocean Surgical Pavilion

Colonoscopy Prep Instructions – HalfLyte – Afternoon Procedures

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.**

If you do not have an adequate daily bowel movement or are constipated, you may use a laxative such as Senekot, Milk of Magnesium, Magnesium Citrate, or Dulcolax tablets for 2 days prior to your procedure to ensure a good preparation.

You will need to purchase: 1 – 10 ounce bottle of Magnesium Citrate, NOT RED.

1 Day Before Exam: _____

You may have a light breakfast and lunch, (egg whites, yogurt, cereal or toast).

Starting after lunch – **Clear Liquids Only!** Avoid vegetables, fruits, skins, salads, and seeds.

Drink clear liquids only after lunch and for dinner. No solid food, milk or dairy products.

You may chew gum or suck on hard candies the day before **ONLY!**

Clear liquids include: (NOTHING RED, PURPLE, OR BLUE)

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, Carbonated or non-carbonated soft drinks, Kool-Aid or flavored drinks, Popsicles or Italian Ice, Jell-o without fruit or toppings

9:00am 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. You may add any of the flavor packets. Place the bottle in the refrigerator to get cold.

23 hours prior to arrival time - Take 1 Bisacodyl tablet (provided with bowel prep kit)

19 hours prior to arrival time - Drink four 8 oz. glasses of the HalfLyte solution every 10-15 minutes.

Drink each glass quickly rather than drinking small amounts continuously, using a straw may help to drink the liquid quickly. Continue to drink clear liquids. Place the remaining 32 ounces of liquid in the refrigerator to remain cold for your second regimen.

Day of the Procedure: _____

7 hours prior to arrival time - Drink four 8 oz. glasses of the HalfLyte solution every 10-15 minutes.

Drink each glass quickly rather than drinking small amounts continuously, using a straw may help to drink the liquid quickly. **Be sure to drink ALL of the solution.** You may take your medications with very small sips of water.

If you are not passing watery stool within 1 hour after you have finished your second dosage (stool is still muddy or thick in consistency) you must drink the 10 oz. bottle of Magnesium Citrate.

Except for your second dosage of prep, stop drinking clear liquids 6 hours prior to your procedure time.

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 1 hour to complete each half of the 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. Sucking on ices in between sips can be helpful as well. **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.**