

## Digestive Disease Consultants

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### PATIENT INSTRUCTIONS FOR COLONOSCOPY

Your Colonoscopy is scheduled for \_\_\_\_\_ at \_\_\_\_\_ and to arrive at \_\_\_\_\_.

YOU ARE USING THE Halflytely Bowel Prep Kit TO PREPARE WITH.

#### **DAY BEFORE THE EXAM:**

Drink **ONLY** clear liquids for breakfast, lunch and dinner. (The entire day before).

At 12:00pm (noon) take the 2 bisacodyl tablets with water

- **DO NOT** chew or crush
- **DO NOT** take within an hour of taking an antacid

**At 1:00pm** mix the Halflytely Solution

- Mix the solution with lukewarm water to the top of the line of the bottle
- Cap the bottle and shake to dissolve the powder
- Solution will be clear and colorless
- Use within 48 hours and do not add anything else to the solution such as ice, crystal lite, sweeteners, etc. (You may however use the flavor packets that come with the Halflytely kit)

#### **Wait for a Bowel Movement**

- After a bowel movement occurs (usually in 1 to 6 hours), begin to drink the solution.
- Even if no bowel movement occurs after 6 hours, begin to drink the solution

#### **Drink the solution**

- Drink 1-8oz glass every 10-15 minutes (about 8 glasses). Drink each glass quickly rather than drinking small amounts continuously.
- Be sure to drink **ALL** of the solution

Nothing to drink **four** hours prior to you procedure

#### **CLEAR LIQUIDS INCLUDE:**

WATER ----- COFFEE (Black) OR TEA

CLEAR FRUIT JUICE (APPLE, WHITE GRAPE AND WHITE CRANBERRY)

SODA (Diet or Regular), GATORADE, POPSICLES, JELL-O (NO RED)

BROTH OR BOULLION

ENSURE (LIMIT 2)

**NO SOLID FOODS**

**NO MILK OR MILK PRODUCTS**

**NO RED JELL-O OR RED LIQUIDS ALLOWED**

**ANY QUESTIONS PLEASE CONTACT THE OFFICE AT 407-830-8661  
EXT.120**

**YOUR PROCEDURE MAY BE CANCELLED IF YOU DRINK ANYTHING  
FOUR HOURS PRIOR TO YOUR PROCEDURE TIME.**