

# **DIGESTIVE DISEASE CONSULTANTS**

## **PATIENT INSTRUCTIONS FOR COLONOSCOPY**

You are using the **HalfLyte and Bisacodyl Tablet Bowel Prep Kit**

### **DAY BEFORE THE PROCEDURE:**

1. Drink ONLY clear liquids the entire day (breakfast, lunch and dinner). It is important that you drink as much fluid as you can throughout the day.
2. **NO solid foods, milk or milk products or RED liquids.**
3. Daily medications can be continued unless otherwise specified.
4. **At 12:00 noon** take the 1 bisacodyl tablet with water. **DO NOT** chew or crush.
5. **At 1:00 PM** mix the HalfLyte solution with lukewarm water to the top of the line of the bottle.  
Cap the bottle and shake to dissolve the powder. Do not add anything to the solution such as ice, crystal lite, sweeteners, etc. (You may, however, use the flavor packets that come with the Halflyte kit).
6. After a bowel movement occurs (usually in 1-6 hours), begin to drink the solution. If a bowel movement does not occur after 6 hours, begin to drink the solution.  
**Drink one 8-ounce glass every 10-15 minutes.** Drink each glass quickly rather than drinking small amounts continuously. Be sure to drink ALL of the solution.
7. Continue drinking clear liquids, at least another liter, during the course of the evening.

### **CLEAR LIQUIDS INCLUDE:**

- Water, Coffee (Black) and Tea
- Clear fruit Juices (Apple, White Grape, Lemonade and White Cranberry) Avoid juices with pulp such as orange or grapefruit juice.
- Sodas such as Sprite, 7-Up, or Gingerale(Diet and Regular), Gatorade, Powerade, Popsicles, Jell-O (**No Red, No Purple**)
- Broth and Boullion (Up to midnight)

### **DAY OF PROCEDURE:**

1. You may brush your teeth.
2. **You need a driver and your driver must stay at the facility. Public transportation and taxis are NOT allowed.**
3. Take **blood pressure meds, anti-anxiety meds, anti-psychotic meds, heart meds and anti-seizure meds, convulsant meds** with a sip of water unless otherwise specified.
4. Please bring with you:
  - Photo ID and Insurance card(s)
  - Completed Medication List – Medications MUST be written out. NO pre-printed, copied or lists from previous visits will be accepted.
  - Patient's Bill of Rights Form
  - Reading glasses, if applicable

**No clear liquids 2 hours prior to your procedure, except for a sip of water with**

**blood pressure, heart and anti-seizure medications or the procedure may be cancelled.**

Please contact the office at 407-830-8661 with any questions.