

HalfLytely® Bowel Prep Patient Instructions

Although your preoperative bowel preparation will be the least pleasant aspect of your colonoscopy, it is essential that your colon is empty to assure a safe and complete examination. Your doctor will tell you if you should discontinue some medications one week prior to your colonoscopy (Coumadin® or aspirin).

Two Days Before the Procedure

Avoid high fiber foods such as raw vegetables, corn, beans, and nuts.

One Day Before the Procedure

Take only a clear liquid diet throughout the day until midnight. Avoid dairy products or fruit juice with pulp. Clear liquids include broth, fruit juices, sport drinks such as Gatorade®, Jell-O®, popsicles, and soda.

At Noon the Day Before Your Procedure

Take two bisacodyl tablets with water. Do not chew these tablets. Then fill the HalfLytely bottle to the top with tap water. Cap the bottle and shake it to dissolve the powder. Place the solution in the refrigerator, as chilling it will make it taste better.

At 6 P.M. the Day Before Your Procedure

Begin drinking the chilled solution at the rate of one glass every 15 minutes. Drink each glass as quickly as possible, rather than sipping frequently. Continuing drinking until you have consumed all of the solution.

It usually takes about one hour until the diarrhea begins. You may notice some bloating or cramping early on, but this usually improves once the diarrhea begins. Occasionally, some may have nausea or even vomiting. If so, take a break from the solution for about half an hour, then resume drinking at a slower rate until the prep solutions is completed. It usually takes about two hours to finish the entire bottle. The diarrhea may continue typically for another hour or two after completing the prep. Some people feel that drinking through a straw makes the prep more palatable.

The Day of Your Procedure

If your procedure is scheduled for later than noon, you may have a clear liquid breakfast at 6:00 A.M., but after that you should have nothing to eat or drink until your colonoscopy is completed.

If your procedure is scheduled before noon, you should have nothing to eat after midnight the night before. The only exception is that if you usually take medicine in the morning, you may take it with a few sips of water. Do not take your morning insulin, as it will be given to you in the hospital after your intravenous catheter is placed.

It is not unusual to have some diarrheal bowel movement the morning before your exam. As long as your last bowel movement is watery, usually yellow or green, your prep is adequate. If it is still cloudy or muddy, be sure to tell your nurse as soon as you arrive in the event that you might need an enema before your colonoscopy.