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Gastroenterology

**PREPARATION FOR COLONOSCOPY – HALFLYTELY**

**DAY BEFORE EXAM:** \_\_\_\_\_

- ❖ Start a clear liquid diet as soon as you wake up. NO SOLID FOOD
- ❖ Drink plenty of clear liquids throughout the day.
- ❖ Take usual daily medicine(s) unless otherwise instructed.

\_\_\_\_\_ Add warm water to container up to 'fill line'. Shake well and refrigerate.

\_\_\_\_\_ Take the 2 Bisacodyl (Dulcolax) tablets with any clear liquid. DO NOT chew or crush the tablets. DO NOT take the tablets within 1 hour of an antacid.

After you have had a bowel movement, start drinking Halflytely. If you haven't had a bowel movement by \_\_\_\_\_ start Halflytely. Drink an 8 ounce glass every 15 minutes until you have had 5 glasses. Refrigerate the remaining Halflytely.

**Moistened wipes will help reduce irritation from frequent wiping.**

**Continue clear liquids throughout the evening**

**DAY OF EXAM:** \_\_\_\_\_

\_\_\_\_\_ Drink the remainder of Halflytely just as you did the day before until it is finished. There should be 3 glasses left to drink

YOU MAY NOT DRINK ANYTHING AFTER \_\_\_\_\_.

**YOU MUST BE DRIVEN HOME AND MAY NOT DRIVE FOR THE REST OF THE DAY**

**CLEAR LIQUIDS:** No red or purple, no dairy, no pulp.

coffee	water	Jell-O
tea	Gatorade	soda
popsicles	broth	clear juice

Date \_\_\_\_\_ Arrival time \_\_\_\_\_

Raleigh Endoscopy Center – Atrium

Raleigh Endoscopy Center – Forum Drive

Rex Hospital

**PLEASE CALL JANET 787-7226 IF YOU HAVE ANY QUESTIONS**