

# HalfLytely® & Bisacodyl tablets Bowel Prep

## Instructions for Colonoscopy Prep

**\*\*READ INSTRUCTIONS CAREFULLY - AT LEAST 5 DAYS PRIOR TO PROCEDURE\*\*  
DO NOT EXCEED RECOMMENDED DOSE AS SERIOUS SIDE EFFECTS MAY OCCUR**

Your physician will provide you with a prescription and you will need to obtain your MoviPrep® Kit from your pharmacy.

You may add a flavor pack to suite your taste.

**NOTE:** Individual responses to laxatives do vary. This prep should cause multiple bowel movements. It often works within 30 minutes but may take up to 3 hours. **Please remain within easy reach of a toilet.**

\*\*If you are taking blood thinners, such as Coumadin, you must be stop taking them 5 days prior to your colonoscopy.

### DAY BEFORE COLONOSCOPY

1) The morning before your procedure, mix solution according to package instructions. Add lukewarm drinking water to top of line on bottle. Cap the bottle and shake to dissolve the powder. The mixed solution will be clear and colorless.

**CHILL IT!!!!** Place HalfLytely solution in the refrigerator and leave it there until you are ready to start drinking it. Do not add flavoring packets until you are ready to start drinking it.



2) Drink only "clear liquids" for breakfast, lunch and dinner. **Solid foods, milk or milk products are NOT allowed until after your procedure.**

(Consume at least 2 liters of any combination of the following)

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

- Strained fruit juices without pulp (apple, white grape, lemonade)
- Clear broth or bouillon
- Coffee or tea (without milk or creamer)
- Water
- Kool-Aid (or orhter fruit flavored drinks)
- Gatorade, Ice Popsicles
- Carbonated and non-carbonated soft drinks
- Plain Jello (without added fruits or toppings)

**No Solid Food Allowed.**

3) Take your usual medicines, except blood thinners.

**No coumadin or blood thinners for five days prior to procedure.**

4) At **4:00 PM**, take the 2 bisacodyl pills that come in the box of HalfLyte<sup>®</sup>.

- Do not crush or chew them, and swallow them with an 8 oz glass of water.
- Do not take bisacodyl tablets within 1 hour of taking an antacid.



5) At **8:00 PM**, begin drinking the HalfLyte<sup>®</sup> solution.

Drink an 8 oz glass of the solution every 10-15 minutes.

You may add flavoring pack at this point. It is better to drink each glass quickly instead of sipping it. If you become nauseated, take a short break from drinking the solution. As soon as the nausea feeling passes, begin drinking the solution again.

- **Be sure to drink all of the HalfLyte<sup>®</sup> solution.**
- Drink at least 3 more glasses of clear liquid before retiring, more if desired.



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- Drink at least 3 more glasses of clear liquid before retiring, more if desired.
- Feelings of bloating, abdominal fullness and nausea are common after the first few glasses of HalfLyte<sup>®</sup>. This is temporary and should subside once bowel movements begin.
- Please stay close to the toilet facilities.



**DAY OF EXAMINATION**

Three (3) hours before your appointment:

- DO NOT EAT OR DRINK ANYTHING ELSE PRIOR TO YOUR EXAMINATION (you may continue to have clear liquids up until three (3) hours prior to your scheduled appointment time).
- Stay close to the toilet facilities.
- Take heart and blood pressure medicines as normal. Do NOT take diabetic medications.
- Arrive for colonoscopy at scheduled time.