

# COLONOSCOPY BOWEL PREPARATION USING HALFLYTELY & BISCODYL TABS KIT

## 7 DAYS BEFORE EXAM:

Arrange for a ride. You will be given medicine that makes you relaxed and sleepy, so that you cannot drive a car or take a bus home. If you arrive without an escort, your procedure may need to be rescheduled. Stop taking Iron, Vitamin E, Ginko, Ginger, Aspirin, and Garlic. **IF YOU TAKE PLAVIX, STOP TAKING IT AT THIS TIME.**

## IF YOU TAKE COUMADIN OR WARFARIN:

Stop taking Coumadin or Warfarin 4 days before the planned procedure. If you are unsure what to do, contact the office.

## 2 DAYS BEFORE EXAM:

Obtain a Halflytely & Biscodyl Tablet Bowel Prep Kit from your physician or pharmacy.

## IF YOU ARE DIABETIC:

If you are diabetic, you will need to watch your blood sugars closely for the next several days, and may need to adjust how you normally take your medications. Please check with the office about the adjustments that need to be made. In general:

- If you are taking pills, you will take them normally in the morning the day before the exam, but not in the evening. Do not your diabetic pills the day of the exam.
- If you are taking Byetta, do not take this at all the day before or the day of the exam.
- If you take insulin, take your normal dose the morning the day before the exam, but only take one-half of your normal dose in the evening. Only take one-half your normal dose the morning of the exam.

## THE DAY BEFORE EXAM:

Drink *only clear liquids* for breakfast, lunch, and dinner. Solid foods, milk, or milk products are **not** allowed. *Clear liquids* include all of the following that are *not colored red or purple*: strained fruit juices without pulp (apple, white grape, lemonade), water, clear broth or bouillon, coffee or tea (without milk or non-dairy creamer), Gatorade, carbonated and noncarbonated soft drinks, Kool-Aide (or other fruit flavored drinks), plain Jello (**without** added fruit or toppings), and ice Popsicles.

## PREP SCHEDULE:

- Breakfast - have only *clear liquids*
- Lunch - have only *clear liquids*
- Dinner - have only *clear liquids*
- STEP ONE: At 4:00 PM take both biscodyl tablets with water. Do NOT chew or crush. Do not take the tablets within one hour of taking an antacid.

- STEP TWO: Open the bottle and tear open 1 flavor packet of your choice, and pour into the Halflytely bottle (unless you are using the Lemon-Lime, which has the flavor pre-mixed). Add drinking water to the top line on the bottle. Cap the bottle and shake to dissolve the powder. The reconstituted solution will be clear and colorless. Use within 48 hours. No additional ingredients should be added to the solution. Make sure you have arranged for someone other than yourself to drive home after the test
- STEP THREE: Wait for a bowel movement. After a bowel movement occurs, usually in 1 – 6 hours, begin to drink the solution. Even if a bowel movement does not occur within 6 hours, begin to drink the solution. Remain close to a toilet, since multiple bowel movements may occur.
- Before morning, drink at least three additional glasses of clear liquids:
- Drink 8 fl oz of **clear liquids**
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- Drink 8 fl oz of **clear liquids**
- Nothing to eat or drink three hours before the test

#### DAY OF EXAM:

##### PREP SCHEDULE:

- Arrive at the hospital one hour before your scheduled test.