

## HALF LYTELY PREP -- COLONOSCOPY PREP INSTRUCTIONS

- **At least 2 days prior to your procedure you will need to pick up your prescription for the Half-Lytely.** Purchase at your local drug store at least 2 days before your procedure.
- **PLEASE READ THE FOLLOWING INSTRUCTIONS --YOU MAY NEED OR WANT TO TAKE THE AFTERNOON OFF THE DAY BEFORE YOUR PROCEDURE!**
- **The HalfLytely prep will cause diarrhea** (to clean your colon out for the next days exam) anywhere from within 15 minutes to 3 hours after taking it. **You will need to be close to a bathroom--** if you work a late or evening shift , you may need to take off work early to be in the privacy of your own bathroom after starting the prep.
- HalfLytely Kit includes: ½ gallon (2 liter) jug of prep, flavor packets and one 5mg Dulcolax (bisacodyl) tablets.

### **DAY BEFORE EXAM**

Take your normal medications except as noted on the previous page. Any medicines you take within 1 hour of starting to drink the prep solution may be flushed out of your body by the solution. Take it earlier

- Pour flavor packet of choice into HalfLytely bottle, then add drinking water (about half full) cap and shake well to dissolve. Add the enough water up to fill line and shake again. Refrigerate—tastes better cold.
- **CLEAR LIQUIDS ONLY. NO SOLID FOODS the whole day.** Use liquid diet suggestions below. May drink all the clear liquids you desire all day, the more you drink the better your prep will work. **DO NOT DRINK ONLY WATER!** Gatorade or something similar is great. Diabetics—gatorade has a lot of sugar—may need to use Crystal lite or other diet drinks. Check blood sugar.

### **HOW TO TAKE THE HALFLYTELY PREP:**

- 12 Noon take the dulcolax (bisacodyl) tablet with at least 8 oz of fluid. Expect to have a bowel movement in 1 to 6 hours. No antacids should be taken within 1 hour of taking these tablets.
- **Start drinking the solution after a bowel movement occurs.**
- **Even if no bowel movement occurs at 6 hours, begin to drink the solution. (6 PM)**
- Rapid drinking is preferred—at least 8 ounces of the solution every 10 to 15 minutes. If you become bloated or nauseated, slow down until these feelings subside and then continue drinking until all of the solution is gone. **DRINK ALL OF THE SOLUTION!**
- Expect to have diarrhea in approximately 1 hour, lasting up to 2 to 3 hours.
  - Do not have any other liquids while drinking the mixture. Do not add anything to the prep mixture other than the provided flavoring. May have moderate amount of clear liquids after completing the solution (throughout the evening and night). Stay on clear liquids ----**NO SOLID FOOD TILL AFTER YOUR PROCEDURE**
  - **STOP DRINKING all liquids (on the day of your procedure) 6 hours prior to your exam.**

### **DAY OF EXAM**

- Continue MODERATE AMOUNT OF **CLEAR LIQUIDS** up to 6 hours before the procedure. (see below for list of clear liquids) **NOTHING AFTER 6 HOURS BEFORE PROCEDURE.**
- May take heart , blood pressure, and thyroid medications with a moderate amount of water at least 4 hours before the exam. .
- ❖ **Diabetics—**
- **Insulin dependent—NO INSULIN** or may take ½ of normal insulin dose depending on AM blood sugar--If any questions about insulin dose or if not well controlled call your diabetes physician for his recommendations for insulin amounts.
  - Oral Medication—**Do not take**

*If you take heart, blood pressure, or seizure medication routinely – it is okay to take this medication early (4 hours before your procedure) the morning of your procedure.*

- *Insulin—take ½ dose depending on AM glucose level.*
- *Oral glucose medication—DO NOT TAKE*

### **Clear liquids include:** (NO RED OR PURPLE) Diabetics use sugar free drinks

Most any fluid you can see through (no alcohol)	Coffee or tea without milk or non-dairy creamer.
Water	Gatorade or other clear electrolyte solution
Clear fruit juices without pulp (apple, white grape, etc)	Clear broth, bouillon (chicken or beef) No noodles or solids in soup
Lemonade, kool aid or crystal light drinks (no red or purple)	
Jello (lemon, lime or orange) No fruit or toppings	Pop (regular or diet) Ginger ale, Sprite, 7 Up, (no coke colored type drinks)

#### **TIPS from previous patients:**

Drink the solution through a straw.

Stay **very** close to a bathroom after starting the prep. Your bowel movements may be frequent, explosive and liquid (this is to be expected)

Drink as many clear fluids as possible during the day – hydrating your body will help reduce side effects such as cramping and nausea.

Use soft toilet paper, hemorrhoid wipes and or Desitin or A&D ointment for skin irritation