

Instructions for Colonoscopy with HalfLyte

Appointment Day _____ Date _____ Time _____

Colonoscopy is an examination of the colon (large bowel) with a lighted flexible tube called a colonoscope. Your efforts at cleansing your colon are essential for an accurate examine.

Purchase at the Pharmacy/Grocery Store

- Fill prescription at the pharmacy: **HalfLyte Bowel Prep Kit**
- Dulcolax®, 4 tablets (5-mg tablets, over the counter)
- Plain or aloe Baby wipes; Desitin® or A&D® ointment, OPTIONAL (prevents a sore bottom)
- Drinking straws, OPTIONAL
- Clear liquids (see list below)

One Week Prior to the Procedure

- **DO NOT** take iron pills, multivitamins, or Vitamin E. **DO NOT** take medicines that may cause bleeding.
- Your doctor will let you know if you have to hold some medications prior to your procedure. These medications may include: aspirin, Plavix, Coumadin, Ticlid, Percodan, Alka-Seltzer, and anti-inflammatory medicines, 'NSAIDs' (Motrin®, Advil®, etc.), Insulin, or other Diabetes medication.
- Please hold _____ for _____ days before the procedure.
- You **WILL** be allowed to continue taking a 'baby aspirin', for your heart health, per your doctor's instructions.
- **TYLENOL** and other brands that contain **ACETAMINOPHEN**, are safe to use prior to this procedure.

One Day Before the procedure

- Have a clear liquid diet throughout the day. Avoid dairy products and juices with pulp such as orange or grapefruit juice. It is important that you drink as much fluid as you can throughout the day. Since colon preps may leave you dehydrated, it is important to consume as much clear liquid as you can before, during and, after you finish the prep.

Soups: Clear broth or consommé

Sports drinks: Gatorade®, Powerade®, Propel®

Juices: white cranberry, white grape, apple, limeade, strained lemonade

Beverages: tea, coffee, Kool-Aid®, carbonated beverages, Enlive®, Boost Breeze®, water

Desserts: water ices, Italian ices, popsicles, Jell-O®

INSTRUCTIONS ARE CONTINUED ON THE NEXT PAGE