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### **INSTRUCTIONS FOR HALFLYTELY PREP**

- Your procedure is scheduled at **our Endoscopy Center** on \_\_\_\_\_ at \_\_\_\_\_  
You should expect to be at the endoscopy center for about 2 to 2 1/2 hours.
- Obtain your bowel prep products from your pharmacy and buy Gas-X from over-the counter
- Please stop taking your **aspirin, celebrex, Plavix, motrin, aleve, and other ibuprofen containing medications five days before your test, unless we instruct you otherwise.** If your test is scheduled for a morning DO NOT take any of your regular a.m medications on the day of your test. You **MAY TAKE** your regular a.m medications if your test is scheduled for the afternoon. Bring your medication bottles along with you. You will be instructed on other medications to hold before your tests. Do not hesitate to call us with questions about your medications.
- **Do not take your Coumadin/Warfarin for 5 days** before your test.
- **Do not take your diabetic pills** the evening before and the morning of your test. You can **take half the usual dose** of your evening **Insulin shot** the day before your test, but none on the morning of your test.
- In preparation for your procedure try to **eat less of foods high in fiber** for at least **5 days** before the procedure. Some foods to avoid include: bran, whole grain cereals, all beans, raw fruits and vegetables, potato skins, nuts, raisins, corn, seeds and popcorn.
- **Have a regular breakfast before 10am on the DAY BEFORE your test. Then start clear liquids, and continue until two hours before your test.** Clear liquids will include **Gatorade (preferred), broth, clear juice, soda, jello (except red jello), black coffee or tea without cream or milk.** You may drink clear liquids until two hours before the scheduled time of your test.

### **THE DAY BEFORE THE PROCEDURE**

1. Begin your clear liquid diet, starting with breakfast. **No solid foods; cream or milk products.** All clear liquids can be any color **except** red.
2. Mix the solution. Tear open one flavor packet of choice and pour into the HalfLyteLy bottle. (Solution can be used without flavor packets). Discard unused packs. Add tap water to the top of the line of the bottle. Cap the bottle, shake to dissolve, then refrigerate.

3. At 1:00 p.m., take 2 Bisacodyl tablets with water. **Do not chew or crush.** Do not take antacids within one hour of taking the Bisacodyl tablets.
4. Wait for a bowel movement. After a bowel movement occurs (usually within 1 to 6 hours), begin drinking the chilled solution. If no bowel movement occurs by 7:00 p.m., start drinking the solution. You need to drink 8 oz. every 10-15 minutes until **half** of the bottle is gone (1 liter).
5. Take 2 tablets of Gas-X at 9pm.

**On the day of the procedure:**

1. On \_\_\_\_\_ (day of your test) at \_\_\_\_\_ (4-5hours before your test) **Drink the remaining half of the solution 8oz every 10-15minutes.** You may have to wake up early to take this second dose. It is very important that you finish this second dose at least three hours before your test appointment to ensure effective preparation.
2. **Do not** eat or drink **ANYTHING** 2 hours prior to your procedure (this includes gum, mints, hard candy) the day of your procedure.
  - Continue to drink liquids.
  - You may apply a petroleum based ointment or diaper rash ointment to the rectal area if you experience discomfort.
  - **EAT NO SOLID FOOD.** You may continue with a clear liquid diet until 2 hours before your test. We encourage you to drink as much clear liquids as you can to prevent dehydration.
  - REMINDER: YOU WILL NEED A DRIVER TO BRING YOU HOME AFTER YOUR PROCEDURE. PLAN ON TAKING THE WHOLE DAY OFF OF WORK/SCHOOL THE DAY OF YOUR PROCEDURE.
  - Please call the office at **910 353-6158** if you have any questions regarding your prep or procedure.