



HalfLyte® Preparation for COLONOSCOPY

1. You must purchase the following non-prescription items in the pharmacy when picking up your prescription for HalfLyte:
 - a) Simethicone (Mylicon or Gas-X) drops or pills (small package: the child or infant formula is fine)
 - b) one bisacodyl (such as Dulcolax brand) suppository and c) 2 bisacodyl or Dulcolax™ tablets.
2. **Call Trinity Centre** before starting these preparations if you take medication for **diabetes or heart disease, have an implanted defibrillator, or weigh more than 260 lb (118 kg)**. **Stop Plavix at least five days** before the exam. **Stop Coumadin (warfarin) four days** before the exam. It is preferable to stop all aspirin and aspirin-containing medication and St. John's Wort five days before the exam.
3. For **2 days prior** to the colonoscopy, you should not eat rice, corn, lentils, peas, beans or nuts. **On the day prior to the colonoscopy**, you should eat nothing solid, taking only liquids. Jell-O, sherbet, and milk products are fine but not if colored red or purple. Drink as much as you wish. **Take all of your usual medications** on the day before the colonoscopy except _____ and as listed in step 2.
4. **At 1 PM on the day prior to the exam**, take the two bisacodyl tablets in the HalfLyte box, and the two that you bought.
5. Fill the bottle (in the kit) to the top line with ordinary water. Add a dropperful of the simethicone to the water. If you bought simethicone tablets, take one when you start drinking the liquid (step 6).
6. After having the first bowel movement, begin to drink the solution as instructed on the package (an 8 oz. glass every 10 minutes). **If you have not had a bowel movement within 6 hours after taking the tablets**, begin drinking the solution six hours after taking the tablets. In either situation, you must drink all of the solution. You will begin to have watery bowel movements about 1 hour after starting the solution. Stools will stop within two hours after you have stopped drinking the liquid.
6. **At 6 AM, or at least two and one half hours before you leave** your home on the day of the colonoscopy, use one bisacodyl (Dulcolax®) suppository.
7. If your colonoscopy is scheduled for the morning, you should have nothing to eat or drink after midnight except **please take your usual medications** for blood pressure, asthma, heart or thyroid conditions. **Please re-read instruction 7 now.**
8. If your colonoscopy is scheduled for the afternoon, you may drink **clear** liquids until 4 hours before your colonoscopy, but must not eat or drink anything else. **You should take all of your usual morning medications** for blood pressure, asthma, heart or thyroid conditions. **Please re-read instruction 8 now.** **Clear** liquids mean that you can see through them like apple juice or ginger ale. No liquids with particles, like orange juice.
9. Come to the 2nd floor of 111 Broadway in **Manhattan**, on _____ at _____ M. Please bring your **insurance cards, the completed forms you received from my office** (if this will be your first visit), photo id and this sheet. Dr. _____ will perform your colonoscopy.
10. Plan to spend about 90 minutes in my office. The colonoscopy itself will take about 20 minutes. You should not plan to drive, work, or operate machinery, tools or kitchen appliances for the rest of the day. **You must arrange for someone to take you home after the examination.** Your escort only needs to be available to pick you up. You will be able to call your escort. Without an escort, you will not be able to receive anesthesia, so your exam **may be canceled**. In the event a **polyp** is removed, you will have a ten day restriction on exercise and travel, so **plan accordingly**.
11. If you have any questions, **please** do not hesitate to **call**.