

HALFLYTELY PREPARATION

Notify the nursing staff if you are diabetic, on medication or if you are on blood thinners such as Coumadin, Plavix, or Lovenox. These medications need to be adjusted several days prior to the colonoscopy by your **PCP or Referring Physician**. Please consult your prescribing physician for further instruction on these medications.

FIVE DAYS PRIOR TO THE EXAMINATION

Stop iron tablets.

Stop fiber supplements (such as Metamucil or Citrucel).

Stop high fiber cereals (such as Fiber One). Cut down on fiber intake.

ONE DAY PRIOR TO THE EXAMINATION

DO NOT eat any solid food!

Drink only "clear liquids" for breakfast, lunch, and dinner. Clear liquids include water, tea, black coffee, soda, soup broth, strained fruit juice (no pulp), popsicles, Gatorade, sports drinks, or Jell-O.

DO NOT drink liquids that are colored red.

DO NOT drink milk or any dairy products.

Starting at 3 PM

Take Dulcolox (Biscodyl) tablet with water.

Do not chew or crush the tablets.

Note: Do not take the tablets within 1 hour of taking an antacid.

Add lukewarm water to the top of the line on the HalfLyteLy bottle.

Replace the cap and shake the bottle to dissolve the powder.

The solution will be clear and colorless.

DO NOT add anything else, such as flavorings, to the solution.

Refrigeration is recommended for a better taste.

7:00 PM

Begin to drink the solution.

Drink 1 (8 oz.) glass of HalfLyteLy every 10 minutes (about 4 glasses).

Drink each glass quickly rather than drinking small amounts continuously.

Drink **ALL** of the solution.

If after 10 pm, you have not had an adequate response, consider taking ½ to 1 bottle of magnesium citrate (Over the Counter) unless you are on dialysis or have a history of heart failure

Note:

If you have severe discomfort or distention (bloating), stop drinking the solution for a while or wait longer between drinking each glass until the discomfort goes away.

Do not take any other medications within one hour of starting to drink the solution.

Avoid drinking large amounts of water during or after taking this product or after a colonoscopy.

Nausea, cramping and abdominal fullness are the most common adverse reactions.

DAY OF THE EXAMINATION:

Take your regular medications (blood pressure or heart medications) with a sip of water unless otherwise instructed by your physician.

If you are diabetic, an adjustment in your insulin or oral medication is probably needed before the procedure by your **PCP or Referring Physician**.

If you have any questions about this preparation, call Dr. Pezzone's office 724-503-4637.

YOU MUST HAVE A RIDE HOME FROM YOUR PROCEDURE! You cannot operate a motor vehicle safely after having received sedation. A cab is not adequate.