

HALFLYTELY/COLYTE BOWEL PREPARATION

NOTE: Before beginning the following steps, have your prescription for Halflytely or CoLyte filled at your local pharmacy.

ON THE DAY PRIOR TO YOUR PROCEDURE:

1. You will be on a clear liquid diet all day, beginning with breakfast. This consists of coffee, tea, clear juice, broth, jello (except for red jello), and sports drinks. Drink plenty of water throughout the day. Do not eat food or drink milk or cloudy juices, such as orange juice, on the day of the preparation.
2. In the morning, add one flavor pack to the jug then fill to the waterline with warm water. Replace cap, shake, then refrigerate.
3. At noon, begin taking the time-released bisacodyl tablets (provided in the Halflytely prep kit, or purchased separately if using the Colyte prep).
4. At 6pm, begin drinking the mixture.
 - If using Halflytely, drink one 8 oz glass every 10-15 minutes until the bottle is empty.
 - If using Colyte, drink one 8oz glass every 10-15 minutes until ½ of the bottle (2 quarts) is gone.
 - You will have consumed several glassfuls before having the first, loose, watery bowel movement.
 - Initially, you may feel slightly bloated, but will become more comfortable as you continue to have bowel movements.

ON THE DAY OF YOUR PROCEDURE:

1. Your clear liquid diet may continue up to four hours prior to your procedure.
2. Please have a friend or relative drive and assist you home.
3. Take a list of your medications with you to the hospital