

**David S. Borislow, M.D.**  
**Center for Digestive Healthcare**  
**1260 S. Martin Luther King Jr. Ave., Suite E**  
**Clearwater, FL 33785**  
**727-443-02920**

## **Colonoscopy Prep with Halflytely**

- **TWO DAYS before your procedure:**

1. Be sure to purchase HalfLyte from your pharmacy using the prescription.

- **ONE DAY before your procedure:**

1. Begin a clear liquid diet when you wake up. A clear liquid diet includes water, tea, black coffee, clear broth, apple juice, Gatorade, white grape juice, soda, Jell-O. Do not eat or drink anything red, including red Jell-O. Do not drink milk. Do not use sugar-free drinks. All patients, including those with diabetes, should be sure they get enough sugar during this time.
2. At 12:00 noon add water to the HalfLyte bottle and mix well to dissolve the powder.
3. At 12 noon take all 4 Bisacodyl tablets.
4. It may take from one to 6 hours to have a bowel movement from the Bisacodyl tablets. Wait until after your first bowel movement to drink the HalfLyte solution. If there is no bowel movement by 6 hours, start the HalfLyte solution .
5. Drink 1 eight ounce glass of HalfLyte solution every 10 minutes until the solution is gone. Be sure to drink all the HalfLyte solution or your preparation may not be adequate.

- **ON THE DAY of your procedure:**

1. Take your medicines as instructed by your gastroenterologist at your office visit.
2. If you have a medical condition requiring antibiotics before or after procedures, we will determine whether they are needed for your colonoscopy.
3. **STOP CLEAR LIQUIDS 6 HOURS BEFORE YOUR PROCEDURE** (except for small amounts of water with medications). **DO NOT EAT OR DRINK ANYTHING UNTIL AFTER YOUR PROCEDURE.**
4. Wear loose-fitting, comfortable clothes.

5. Read the consent form. You will be asked to sign the form before your procedure.

• **Please bring these things with you to your procedure:**

1. A list of all of your medications, including the doses
2. Your blue MGH identification card
3. The name and phone number of your escort.

• **AFTER your procedure:**

1. You will be monitored in the Endoscopy Unit recovery area.
2. You may have some abdominal bloating after the procedure. It should resolve within an hour.
3. You may eat your usual diet after the procedure.
4. You may return to work the day after the procedure.

**Helpful hints for patients undergoing colonoscopy**

1. You may use Crystal Lite lemonade (1 “tub”) to flavor unflavored HalfLytely.
2. Drink chilled HalfLytely prep with a straw. Take a break if you feel nauseated.