



## Patient Information Sheet For Bowel Preparation

### With HalfLyte<sup>®</sup> Bowel Prep Kit \*

I have discussed with you the need for an endoscopic examination of your large intestine. In order for this examination to be completely successful, it is most important that all foreign material be removed from the bowel. By following these directions carefully, you can anticipate a successful bowel examination.

Recent studies show that splitting the dose of the preparation; that is, taking half the night before, and half the morning of the procedure, gives the best results. For early morning procedures, it may mean getting up during the night to take the second dose.

#### **For all procedures**

1. Fill the prescription for the HalfLyte<sup>®</sup> Bowel Prep Kit at any pharmacy.
2. Purchase an additional two bisacodyl tablets (the Kit comes with two)
3. On the day before your exam you may have a can of Ensure (do not use EnsurePlus), one egg, or white toast for breakfast, before 9:00 am. Thereafter, have only clear liquids for lunch and dinner. This includes clear broth, sports drinks (such as Gatorade or Powerade), tea, coffee (without milk), plain jello, hard candy, clear fruit juices, Popsicles, ices, ginger ale and water. Try to avoid red or purple liquids. **You should not eat any solid foods, milk, or milk products.** Drinking sports drinks, such as Gatorade or Powerade, are encouraged as they help keep you well hydrated.
4. You must not eat or drink anything within 3 hours of your scheduled examination. **If you eat or drink anything, even a sip of water, within 3 hours of your exam start time, your exam will be postponed or cancelled.**

#### **Split Dose HalfLyte<sup>®</sup>**

1. At 4 p.m., on the afternoon prior to the examination, take the 4 bisacodyl tablets, two which came with the Kit and the two additional that you purchased. Take the tablets with at least 8 ounces of any clear liquid.
2. Mix the HalfLyte<sup>®</sup> solution with lukewarm drinking water to the top line on the bottle. You may place it in the refrigerator, as it is often easier to drink when cold (do not add ice).

3. Drink at least three 8 oz. portions of Gatorade, Powerade, ginger ale, or clear juice after finishing the bisacodyl tablets.
4. Divide the well mixed HalfLyte solution in half, about 1 liter each, into two containers. Half will be drunk at night, and half in the morning prior to the examination.
5. At about 7:00 to 8:00 pm begin drinking the HalfLyte solution. Drink 1 (8 oz) glass every 10-15 minutes, until you finish half of the solution (about one liter). Place the other half of solution in the refrigerator until the morning.
6. In the morning, between 3:00 and 5:00 am (for an 8:00 am procedure), take the remaining HalfLyte solution (about one liter) and shake it up well. Drink 1 (8 oz) glass every 10-15 minutes, until you finish the solution. You need to finish the HalfLyte at least 3 hours prior to the start of the procedure. For procedures which begin at 12:00 noon or later, do not begin the second dose until after 7:00 am.
7. Drink an additional 8 oz of clear liquids after finishing the morning dose of HalfLyte.
8. For both the first and second doses of HalfLyte, if you feel nauseous or bloated, you can take longer to finish the preparation. For example, instead of taking each dose at 15 minute intervals, you can do it at 20 or 30 minute intervals.
9. You may continue to have clear liquids up until three hours prior to your examination. **If you eat or drink anything, even a sip of water, within 3 hours of your exam start time, your exam will be postponed or cancelled.**

**For All Procedures, also follow the following directions.**

1. You may use desitin, anusol, tucks pads or other similar ointment/lotion around your rectal area to reduce irritation from the preparation.
2. Do not take any antacids for at least twelve hours prior to the examination.
3. All other medications (except those listed below) may be taken with small sips of clear liquids.
4. **If you take blood pressure (except diuretic or water pills) or heart rhythm medications, please make sure to take the morning dose at least 3 hours prior to your examination start time. If you take a diuretic or water pill, do not take it on the day of your examination.**
5. If you take insulin ask your primary physician or endocrinologist how they would like you to adjust your dose.
6. If you use other diabetic medications, do not take them until after the examination, when you start eating.
7. Do not use any aspirin, aspirin containing products, or other anti-inflammatory drugs (such as ibuprofen, Naprosyn, or Aleve) for five days prior to the examination.
8. Do not take iron supplements or vitamins with iron for five days prior to your examination.
9. If you use Coumadin, do not take it for three nights prior to the examination.
10. Let us know if you take diuretics (water pills), as you may need additional potassium supplementation.

11. Let us know if you're allergic to any medications or if you've had any reactions to Demerol (meperidine), Valium (diazepam), or Versed (midazolam) or Diprivan (propofol).
12. Let us know if you've had a heart valve replacement or have a history of endocarditis. If these conditions are present, you may need to be given antibiotics prior to the procedure.
13. A companion must be able to escort you home from the examination as you will be given some medication which will make you drowsy and slow your reflexes for several hours. **You will not be allowed to drive yourself home.**
14. Report as instructed for the examination.

The following points may also be helpful:

1. You may feel bloated after the procedure because of the air used during the examination. Burping, walking, lying on your left side, or passing flatus, should help.
2. The medication used for sedation, often causes amnesia for the period of the procedure and for a short time thereafter. You may, therefore, not remember the details of what happened or what the doctor explained to you afterwards. We will contact you the day after the examination (or if before a weekend or holiday, on our next business day) to again review the findings from the examination. If a biopsy was taken, these results are usually ready in 10-14 days.
3. If you should have any other questions, please do not hesitate to contact the office at 301-251-9555.