
PREPARATION FOR COLONOSCOPY (Using HalfLyte)

- If you regularly take Plavix (clopidogrel), stop this medication 14 days prior to colonoscopy.
- If you regularly take Coumadin (warfarin), stop this medication for _____ days prior to colonoscopy.
- Do not take medicines containing aspirin (ASA) for 7 days prior to colonoscopy.
(Includes Alka-Seltzer, Anacin, Ascriptin, Ecotrin, Empirin, Excedrin, Halfprin).
- Do not take any anti-inflammatory medicines for 2 days prior to colonoscopy.
(Includes Advil, Aleve, Anaprox, Daypro, Diclofenac, Etodolac, Ibuprofen, Indocid, Ketoprofen, Ketorolac, Lodine, Motrin, Naprosyn, Nuprin, Relafen, Toradol, Voltaren).
If pain relief is needed, use Tylenol (acetaminophen).
- In order for colonoscopy to take place, the colon must be absolutely clean.
 - For two days prior to colonoscopy, avoid salads, fruit peels, beans, and corn.
 - For one day prior to colonoscopy, avoid the following:
 - Bulk laxatives (Metamucil, Citrucel, Konsyl, Fibercon, Benefiber, Bran, Effersyllium)
 - Stool softeners (Colace, Pericolace, Doxidan, Dialose, Surfak, Docusate)
 - Iron-containing vitamins (Multivitamins with iron, Geritol)
 - Starting on the morning of the day before colonoscopy, begin a clear liquid diet, which includes the following:
 - Bouillon and clear or light colored soups or broths
 - Jello® (no fruit or toppings)
 - Popsicles®
 - Hard candy
 - Black coffee or tea
 - Fruit juices with no pulp
 - Gatorade
 - Carbonated beverages
 - Do not eat or drink anything colored red or purple.
 - Avoid solid food other than hard candy or Popsicles.
 - Avoid dairy products including milk, cheese, ice cream, and yogurt.
- You should have received a prescription for **HalfLyte**, which includes 4 bisacodyl tablets and a jug:
 - Starting at noon on the day prior to colonoscopy, take the 4 bisacodyl (Dulcolax) tablets with water.
 - Mix the HalfLyte (add water to the “fill line” on the jug, replace the cap, and shake well to dissolve).
 - After a bowel movement occurs (usually in 1 to 6 hours), start to drink the HalfLyte solution. Even if no bowel movement occurs in 6 hours, start to drink the solution.
 - Drink all of the solution (about 8 oz. every 30 minutes) until the entire jug is empty.
- After taking the tablets and drinking the laxative, you may drink all the clear liquids you desire, up until midnight.
- You may apply some Anusol or vaseline around the anus if the anal area becomes sore due to passage of liquid stool.
- Do not eat or drink anything after midnight the night before colonoscopy. Take your regular heart or blood pressure medications in the morning with a small sip of water. If you are diabetic, measure your blood sugar the night before and the morning of colonoscopy; if the sugar is low, you may have some juice. Do not take insulin or diabetic medications until after the procedure.
- Report to _____ Hospital admissions desk at _____ on _____ .
- You will be sedated for the exam and will not be able to drive for the rest of the day. Bring someone with you who can drive you home.