

GENERAL INFORMATION

The surgery staff will call you the day before your procedure to be sure everything is in order and to inform you what time to arrive at the hospital. If you will not be home, or if you have questions, please call them at (231) 627-1541.

ALL patients must make arrangements for a ride home immediately after discharge. Failure to make transportation arrangements could result in cancellation of your procedure. You must make arrangements for a responsible adult to be available at home if you need help for the remainder of the day and/or through the night.

For additional information or to obtain this information on the web, go to:

www.cheboygansurgical.com



810 South Main, Suite 1
Cheboygan, Michigan 49721
231-627-4364

www.cheboygansurgical.com



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Cheboygan, Michigan 49721
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TWO DAY INSTRUCTIONS FOR COLONOSCOPY PREP WITH HALFLYTELY (prescription required)

READ CAREFULLY – DO NOT EXCEED RECOMMENDED DOSAGE AS
SERIOUS SIDE EFFECTS MAY OCCUR

TWO DAYS BEFORE EXAMINATION

Please read all instructions TWO (2) DAYS before your colonoscopy examination.

Take your Halflytely prescription to your local pharmacy to be filled. Please obtain four (4) bisacodyl (Dulcolax) tablets.

Note: Individual responses to laxatives do vary; this prep may cause multiple bowel movements. Often this prep works within 30 minutes, or it may take as long as 3 hours. Please remain close to bathroom facilities.

If you are taking medication (including aspirin or aspirin containing products, Plavix, or blood thinners such as Coumadin), inform your physician for additional instruction before beginning this procedure.

DAY BEFORE EXAMINATION

Solid foods are **NOT** allowed. Choose food and beverages only from the following lists:

- Milk and milk products
- Custard, ice cream, sherbet, yogurt (without fruit pieces)
- All fruit and vegetable juices, except those colored red
- Clear broth or bouillon
- Coffee or tea
- Water
- Gatorade or Allsport (not red) is best in unlimited amounts
- Plain Jello, not red (without added fruits or toppings)

Follow the four steps below:

- (1) Take 4 bisacodyl tablets at or near noon on the day prior to your procedure.
 - Take all (4) bisacodyl tablets with water, Gatorade, or Allsport.
 - Do **NOT** chew or crush.
 - Do not take the bisacodyl tablets within 1 hour of taking an antacid.
- (2) Mix solution according to package instructions.
 - Add lukewarm drinking water to the top of the line of Halflytely bottle.
 - Cap bottle and shake to dissolve the powder.
 - The constituted solution will be clear and colorless. Use within 48 hours. Do not add anything else, such as flavorings, to the solution.
- (3) Wait for a bowel movement from the bisacodyl tablets before starting the Halflytely solution.
 - After a bowel movement occurs (usually within 1 to 6 hours), begin to drink the solution.
 - Even if no bowel movement occurs after 6 hours, begin to drink the solution.
- (4) Drink **all** the solution.
 - Drink 1 (8 oz) every 10 minutes (about 8 glasses). Drink each glass quickly rather than drinking small amounts continuously.
 - Be sure to drink **ALL** of the solution.
 - You may drink Gatorade, Allsport, and clear liquids up until 4 hours prior to the procedure.
 - You should not drink anything else while you are drinking the solution.
 - Bowel movements should eventually become clearer.

DAY OF EXAMINATION

You may drink Gatorade, Allsport, or other clear liquids until 4 hours prior to the procedure.

Tips for Halflytely Bowel Preparation:

- Chilling the solution helps it taste better, but may make you feel cold. You may want to drink it at room temperature.
- You may sip the solution through a straw if this is easier; but be sure to maintain the same rate of drinking.
- Stay close to a bathroom and have adult diaper garments available at home and for the ride to the hospital.
- If you have a hard time drinking a full 8oz. glass of solution every 10-15 minutes, try drinking 4oz. glasses every 7-8 minutes.
- You may try a Brach's lemon drop (hard candy) to help rid the salty aftertaste. (Do not add anything, such as flavorings, to the solution.)
- In case of rectal irritation:
 - Soak in a hot tub of water with or without ½ cup of Epsom salts.
 - Apply Vaseline, Tucks, or Witch Hazel products to the affected area.

Note:

- If you have severe ulcerative colitis, consult your physician before using this product.
- If you experience severe nausea or vomiting, stop the preparation for 30-60 minutes, and then restart at the same rate as before.
- Do not take any other medicines within 1 hour of starting to drink the solution.
- Avoid drinking large amounts of water during or after taking this product or after a colonoscopy.
- Mild nausea, cramping and abdominal fullness are expected with this preparation.
- Rapid drinking of each portion is preferred to drinking small amounts continuously.