

HalfLytely

This product is a prescription medicine called a bowel preparation. It works very quickly-- the average time to first bowel movement is within 1 hour of drinking solution. You will *use the bowel preparation the day before your test.* It is very important for you to **FOLLOW ALL THE STEPS COMPLETELY** or your doctor may not be able to complete the exam.

- **FIVE DAYS BEFORE YOUR EXAM DO NOT EAT ANY NUTS, SEEDS, POPCORN OR CORN.**
- **Several days before the exam, have your prescription for the laxative preparation filled at the pharmacy. YOU WILL ALSO NEED TO PURCHASE 2 ADDITIONAL BISACODYL (or Dulcolax) TABLETS.**
- **The day before the exam you may have clear liquids only. DO NOT HAVE ANY SOLID FOOD, CREAM OR MILK PRODUCTS THE DAY BEFORE THE EXAM.**

Step 1: At 4 PM the day before your exam TAKE 4 TABLETS. (you will need to purchase 2 additional bisacodyl tablets at the pharmacy)

Take all (4) bisacodyl delayed-release tablets (or Dulcolax) with water. DO NOT chew or crush the bisacodyl (or Dulcolax) tablets.



Step 2: At 6PM MIX SOLUTION

Add lukewarm tap water to the fill line marked on the container. Cap the bottle and shake to dissolve the powder. Use within 48 hours. Several flavor packets are included in the mix . DO NOT USE ANY PRODUCTS WITH REGULAR TABLE SUGAR TO FLAVOR THE SOLUTION.



Step 3: At 8:00 PM DRINK THE SOLUTION

Drink 1 (8 oz) glass every 15 minutes until the solution is gone. Drink each glass quickly. A watery bowel movement should begin in approximately 30 minutes to an hour. You may still have loose bowel movements or the feeling you need to move your bowels for several hours after you have finish drinking the solution.



What's considered a "clear liquid"?

A clear liquid is any beverage you can see through. Please avoid red or purple colored liquids. Sugar, sweetener and lemon are allowed. No cream, milk or pulpy juices are permitted.

fruit juices	popsicle	Powerade	Pedialyte	water
Gatorade	7-Up, Sprite	bouillon	Kool-aid	iced tea
tea	lemonade	coffee	broth(beef, chicken)	Jell-O

Do not use alcoholic beverages while preparing for your exam.

To help prevent dehydration, it is important to drink plenty of clear liquids before, during, and after the colon-prep process. We recommend that you have at least 20 oz of Gatorade during the preparation period.

If your ARRIVAL time is before NOON, you must have nothing to eat or drink after midnight.

If your ARRIVAL time is after NOON you may have clear liquids until 8am on the day of your exam.

You must take your Heart, breathing and blood pressure medications with a few sips of water.