

## INSTRUCTIONS FOR COLONOSCOPY WITH HALFLYTELY

### *CLEAR LIQUIDS*

#### **Day before examination:**

1. Drink only "clear liquids" for breakfast, lunch, and dinner.  
(Solid foods, milk, or milk products are **NOT** allowed.)  
Clear liquids include:
  - \* strained fruit juices without pulp (apple, white, grape juice or lemonade)
  - \* water
  - \* clear broth or bullion
  - \* coffee or tea (without milk or non-dairy creamer)All of the following that are **NOT** colored red or purple:
  - \* Gatorade, carbonated and non-carbonated soft drinks, Kool-Aid, or other fruit flavored drinks
  - \* plain Jello (without added fruits or toppings)
  - \* ice popsicles
2. Take two (2) Bisacodyl tablets with water at noon.

#### **Evening:**

1. Begin drinking Halflytely between 4 pm and 5 pm. Drink an 8 oz. glass every 10 minutes. It is best to drink a whole glass rapidly, rather than sipping small amounts continuously.
2. Continue drinking until the bottle is empty.
3. Bowel movements should occur about every half hour after the glass of Halflytely. They will continue periodically for approximately 1-2 hours after you finish drinking the last glass. By this time, the stool liquid should be clear.
4. Feelings of bloating and/or nausea are common after the first few glasses of Halflytely because of the large volume of fluid ingested. This is temporary, however, and will disappear once bowel movements begin.
5. **DO NOT EAT ANY SOLID FOOD UNTIL THE EXAMINATION IS COMPLETED.** Water or other **CLEAR LIQUIDS (PLAIN, UNSWEETENED COFFEE OR TEA, OR BROTH)** are permissible as directed by your physician.

**You may have clear liquids up until midnight. Absolutely nothing to eat or drink after midnight unless otherwise directed.**

**YOU MUST AVOID ASPIRIN & IRON FOR ONE WEEK PRIOR TO THE EXAM!!!**

COMMUNITY GENERAL HOSPITAL  
PHYSICIANS' OFFICE BUILDING  
4870 BROAD RD., SUITE 3Q  
SYRACUSE, NY 13215  
(315) 492-5765 FAX 492-5123

NORTHEAST MEDICAL CENTER  
4309 MEDICAL CENTER DRIVE  
FAYETTEVILLE, NY 13066  
(315) 329-7300 FAX 329-7308

NORTH MEDICAL PLAZA  
5112 WEST TAFT ROAD  
SECOND FLOOR, SUITE U  
LIVERPOOL, NY 13088  
(315) 452-2214 FAX 452-2217

4939 BRITTONFIELD PARKWAY  
BLDG. B, SECOND FLOOR, SUITE 209  
EAST SYRACUSE, NY 13057  
(315) 218-0085 FAX 218-0087