

CENTER FOR DIGESTIVE HEALTH
Gastroenterology Associates, P.C.
2222 53rd Avenue, Bettendorf, IA 52722 (563) 383-2686

Your prep will be faxed to your
pharmacy _____
name of pharmacy _____

William Davidson III, MD
Richard L. Weyman IV, MD
Young B. Huh, MD
Jae H. Kim, MD

Day _____
Date _____
Arrival Time _____
Procedure Time _____

HALFLYTELY PREP

Special instructions: _____

One (1) WEEK before your exam:

- No popcorn, flax seed, or Olestra (fat substitute found in foods like potato chips) 1 week prior to your procedure.
- **NO IRON** within 3 days of your procedure. Example: no Multi-vitamin or iron
- Take four tablespoons of Milk of Magnesia two days prior to your procedure.

One (1) DAY before your exam:

Date/Time: _____

- **No solid foods are allowed!** You may have only clear liquids.
- Drink 8 oz of liquid every 1 to 2 hours when on the clear liquid diet while awake. This will help maintain hydration. If you have **heart failure, cirrhosis, or kidney failure and you are on dialysis**, drink only 4 oz. of liquid every 2 hours when awake while on clear liquid diet the day before the procedure.

Prep instructions:

- 12:00 Noon** Take one Bisacodyl (Ducolax) tablet with water.
Do not chew or crush the tablet.
Do not take Bisacodyl (Ducolax) tablets within 1 hour of taking an antacid.
- **1:00 P.M.** Mix the HalfLyteLy by adding lukewarm drinking water to the top of line on the bottle.
Cap the bottle and shake to dissolve the powder.
Place in the refrigerator. Must use within 48 hours of mixing
 - **6:00 P.M. Begin drinking HalfLyteLy at 6pm.**
 - Drink one (1) 8 oz. glass every 15 minutes (about 8 glasses).
 - Be sure to drink **ALL** the solution. If nausea, hold for 1 hour then restart.
 - Watery bowel movements should begin in approximately 1 hour.

PLEASE CALL IF YOU HAVE QUESTIONS, CONCERNS OR PROBLEMS
WITH THE PREPARATION OR INSTRUCTIONS (563) 383-2686

TURN PAGE OVER FOR INSTRUCTIONS THE DAY OF YOUR EXAM

**YOU MUST BE ACCOMPANIED BY A DRIVER WHO REMAINS AT THE CENTER FOR
DIGESTIVE HEALTH DURING YOUR PROCEDURE**

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Day of your exam:

Date/Time: _____

- Your medications, other than those that have been specifically held by your doctor, can be taken in the morning with a small sip of water.
- Please use the Center for Digestive Health Entrance and Registration Desk on arrival.
- You must be accompanied by a driver who remains during the procedure.
- Do not eat or drink anything **after 12:01AM** the day **OF** your procedure except for what is approved in the following instructions.

In addition, if you are having an afternoon procedure:

A **clear liquid** breakfast is **REQUIRED** by _____ on _____ then nothing by mouth. Remember, it is important you do not eat or drink anything at least **six hours prior** to your procedure otherwise it will need to be rescheduled.

Common questions:

- Bowel movements often occur about one hour after the first glass. They will continue periodically for approximately 1-2 hours after you finish drinking the last glass.
- A feeling of bloating or nausea may occur due to the large volume of liquid; this is usually temporary and will disappear once bowel movements begin.
- A small amount of Vaseline applied to the rectal area may help relieve any discomfort
- For morning procedures, on the day of the procedure if you are thirsty, drink only a few ounces of water **up to six hours prior** to your procedure time.
- Color of the stool should be yellow or clear and liquid. (Mountain Dew color is common.)

CLEAR LIQUID DIET
DO NOT DRINK ANYTHING RED OR PURPLE

CAN HAVE		CANNOT HAVE
Apple Juice	Gatorade	Milk or Milk Products
Tang	Popsicles	Orange Juice with Pulp
HI-C Fruit Juice	Pop (diet or regular)	Tomato Juice
Coffee	Water	Prune Juice
Broth or Bouillon	Tea	Alcohol
Plain Jell-O (no fruit or sugar free)		

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