



Colonoscopy Instructions

In order to properly examine your colon, the inside of your intestinal tract **MUST** be clean. You must follow the diet and laxative instructions exactly. Do not make any changes unless ordered by your doctor.

PLAN TO DO IN ADVANCE:

1. Medications, Vitamins and Supplements:

To properly prepare for your procedure, you may need to make certain changes to your daily medication routine.

- If you take **insulin** or other diabetic medications, consult with your physician about making any necessary changes in your daily regimen.
- If you take medications that contain **aspirin** or other anti-inflammatory drugs (such as **Motrin, Advil, Aleve, Ibuprofen, Naproxen, Indocin, or Feldene**), we recommend that you stop taking them seven days before your procedure. They may increase your risk of bleeding after removal of a polyp or a biopsy during your colonoscopy by interfering with the normal clotting of your blood. Unless otherwise stated, you may use Tylenol (acetaminophen) for treatment of pain. You should discuss with your doctor the appropriate dose for you.
- **IMPORTANT: IF YOU ARE CURRENTLY TAKING COUMADIN, PLAVIX OR HEPARIN, YOU MUST CHECK WITH YOUR PRESCRIBING PHYSICIAN BEFORE CHANGING OR INTERRUPTING YOUR DAILY ROUTINE.**
- Stop taking iron supplements, **Ginko biloba** and **Vitamin E** seven days before your procedure.
- Certain medications should be continued prior to your colonoscopy. **If you take cardiac (heart) or anti-hypertensive (high blood pressure) pills, take them as you normally do with small sips of water.**
- If you have **ASTHMA** bring your inhalers with you. If you have sleep apnea, please bring your **CPAP** or **BIPAP** machine with you.

2. Dietary recommendations:

- **YOU MAY NOT EAT ANY SOLID FOOD THE DAY BEFORE YOUR PROCEDURE.** You will be expected to drink large amounts of clear liquids the day before your procedure. Starting in the morning, you need to drink at least 8 ounces of clear liquids **each hour**, which is 2-3 qts, throughout the day. This is in addition to the laxative prep you will drink in the afternoon. The more fluid you drink, the better you will feel. It will keep you from being weak and hungry. The laxative will be easier for you to tolerate.
- **DO NOT drink: ANYTHING RED or PURPLE**, milk or milk products, non-dairy creamers, orange and grapefruit juice.
- **You MAY have:** Apple juice, sports drinks (i.e. Gatorade), clear broth or bouillon, carbonated soft drinks, flavored jelly without fruit, popsicles, kool-aid, white grape juice, white cranberry juice, black coffee, tea, and water.

3. In addition to changes to your medication and diet, you'll also need to:

- Fill your prescription for the laxative that your doctor has prescribed to cleanse your bowel. This can be filled at any pharmacy.
- Bring a list of all your medications (prescription medications, over-the-counter medications and eye drops) with you on the day of your procedure. You may bring the medication bottles themselves.
- Be prepared to list and describe your **ALLERGIES** and **REACTIONS** to any medications.
- Because you will receive a relaxing medication during your procedure, you must arrange to have a responsible adult pick you up and/or accompany you home if you taking public transportation. You will need to spend several hours at the hospital to allow time for your preparation, your examination and your recovery. You may not operate an automobile or other mechanical equipment until the day following your procedure.

HalfLyately® and Bisacodyl Tablets Bowel Prep Kit

This product is a prescription medicine called a bowel preparation. It is an effective way to clean out your colon (intestines) before your colonoscopy test.

How does it work?

After you take this product, it goes through your intestines and causes you to have a liquid stool (bowel movement). This cleans the body waste out of your colon so your doctor can clearly see the inside of your intestines.

How do I use the HalfLyately® and Bisacodyl Tablets Bowel Prep Kit?

This product should be used the day before your test. It is very important for you to **FOLLOW ALL THE STEPS COMPLETELY.**

REMEMBER: DO NOT eat food or drink milk on the day of the prep (drink clear fluids only). If you have questions about using the HalfLyately® and Bisacodyl Tablets Bowel Prep Kit, be sure to ask us.



Step 1: TAKE BOTH TABLETS AT 2 PM

Take **BOTH** bisacodyl delayed-release tablets with water at 2 PM. Do **NOT** chew or crush. Do not take the bisacodyl tablets within 1 hour of taking an antacid.



Step 2: MIX SOLUTION

Add drinking water to top of line on bottle. Cap the bottle and shake to dissolve the powder. The mixed solution will be clear and colorless. The solution may be **refrigerated**. The solution should be used within 48 hours of reconstitution. No additional ingredients (other than flavor packs provided) should be added to the solution.



Step 3: WAIT FOR A BOWEL MOVEMENT

After a bowel movement occurs (usually in 1 to 6 hours), begin to drink the solution. Even if a bowel movement does not occur within 6 hours, begin to drink the solution.



Step 4: DRINK ALL THE SOLUTION

Start drinking it at **4-5 PM**. Drink 1 (8 oz) glass every 10 minutes (about 8 glasses). Drink each glass quickly rather than drinking small amounts continuously. A watery bowel movement should begin in approximately 1 hour. **Be sure to drink ALL the solution.**

You will still have loose bowel movements for about 1 to 2 hours after you finish drinking the solution.

HalfLyately and Bisacodyl Tablets Bowel Prep Kit is a gastrointestinal lavage indicated for cleansing of the colon as a preparation for colonoscopy in adults. Most common adverse reactions (<3%) are abdominal pain/cramping, nausea, vomiting and headache. Use is contraindicated in the following conditions: known allergies to polyethylene glycol or other components of the kit, gastrointestinal (GI) obstruction, bowel perforation, toxic colitis, toxic megacolon.

Use with caution in patients using concomitant medications (such as diuretics) that increase the risk of electrolyte abnormality, patients with known or suspected hyponatremia, patients with severe ulcerative colitis, ileus or gastric retention. There have been reports of ischemic colitis in patients with use of HalfLyately and 20 mg Bisacodyl Tablets Bowel Prep Kit. However, a causal relationship has not been established. If patients develop severe abdominal pain or rectal bleeding, patients should be evaluated as soon as possible. Patients with impaired water handling who experience severe vomiting should be closely monitored including measurement of electrolytes. Hives and skin rashes have been reported with PEG-based products which are suggestive of an allergic reaction

Helpful tips to make colonoscopy easier

Here are a few practical tips to help you get through the colonoscopy experience more comfortably:

- **Get a head start.** Consider lightening up on your food intake two days before the test, avoiding hard-to-digest items such as meat, eggs, nuts, and leafy greens. Instead, eat lots of fiber in the form of vegetables and fruits, or start the liquid diet early, so there will be less to purge.
- **Stock up.** Get what you will need ahead of time, including clear liquids such as chicken or vegetable broth, apple juice, and bottled water with electrolytes. Buy extra-soft toilet paper, paper towels, or disposable baby wipes (be careful not to buy cleansing wipes containing scent or alcohol).
- **Be gentle to yourself.** Plan to take two days off work: the day before the test (or at least the afternoon) and the day of the test itself.
- **Stay hydrated.** All laxatives cause some water loss, so drink plenty of fluids throughout the prep and after the test. Avoid both alcoholic and carbonated drinks before the procedure, as they increase dehydration, and consider getting some electrolyte rehydrating drinks available over the counter.
- **Reduce the opportunity for accidents.** Stay home near a bathroom during the process.
- **Prepare the bathroom.** Line the wastebasket with a plastic bag. Instead of toilet paper, use wet washcloths or disposable wipes, such as unscented baby wipes (check that the product is flushable). Applied generously, petroleum jelly and hemorrhoid products can ease anal soreness that might develop. Soaking in a warm tub may help as well.
- **Most people dread the actual scoping procedure,** and feelings of anxiety or concern are normal. The mild sedative given for a colonoscopy relieves those problems, and you may not even remember the process. If you are feeling especially anxious, talk to your doctor beforehand about providing a mild tranquilizer or muscle relaxant for the procedure. And keep in mind that, compared with the preparation, the colonoscopy is usually over very quickly.
- **Aftercare.** You may feel some mild cramping or bloating and, rarely, nausea, up to a day afterward, caused by some air left in the colon. Eat lightly for a few days. If your discomfort is extreme or persists, call your doctor.
- **Be relieved.** When it's over, it's over. If the scoping shows no polyps or cancer, you may be in the clear for a decade. If there are polyps, or even cancer, you will know, and you can be treated quickly and appropriately.