

NORTH AUSTIN GASTROENTEROLOGY

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HALFLYTELY PREP INSTRUCTIONS

1. Drink only clear liquids the entire day. No solid food should be taken. Clear liquids include, water, bouillon, apple juice, white grape juice, pulp free lemonade, Sprite, Ginger-ale, coffee, or tea without milk or non-dairy creamers, plain Jell-O (no added fruit or toppings/no red, purple or blue Jell-O).
2. At **12:00 PM**, fill the HalfLyteLy container with water to the “fill” line and place in refrigerator.
3. At **4:00 PM**, take the 4 Bisacodyl tablets included in your Halflytely Bowel Prep Kit.
4. At **7:00 PM**, start drinking the HalfLyteLy solution. Drink one 8 oz. glass every 10 to 15 minutes until complete in about 2 hours. You must drink the entire container of solution. If your stools are not completely clear (pale yellow to clear fluid) after drinking the entire solution, you should take one 10 oz. bottle of magnesium citrate. This can be purchased without a prescription at any drug store.
5. You may add 1 tub of Crystal Light powdered lemonade to the solution to improve its taste.
6. No solid foods should be taken during or after preparation.
7. Once the prep is complete, you may drink water until midnight
8. You may not have anything to eat or drink after midnight or on the day of your procedure
9. If you are on blood thinners, insulin or other diabetic medications, please check with your primary care or referring physician for instructions.
10. You may call North Austin Gastroenterology if you have any questions regarding your medications.