

BowelPrepGuide

Your guide to excellent bowel prep.

BOWEL PREPARATION FOR COLONOSCOPY

Using HalfLyte (Braintree)

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What is bowel preparation?

- Bowel preparation is the process of preparing your bowel for an effective diagnostic or therapeutic medical procedure such as colonoscopy.

Why is bowel preparation important?

- Adequate bowel preparation is the key to a successful colonoscopy. It allows your provider to see the mucosal lining of your colon.
- Inadequate bowel prep means aborted procedures, repeat procedures, reduced detection of polyps and cancer, increased risk for complications, lost co-pays and cost of transportation, lost day at work and wages, lost productivity for patient and accompanying adult.

What diet should I be on?

- A clear liquid diet a day before your colonoscopy.

What is clear liquid diet?

- Examples of clear liquid diet include water, tea, plain coffee, lemonade from powdered mix, carbonated beverages and soda, clear juices such as apple and white grape, plain or flavored gelatin, sports drinks such as Gatorade[®], All-Sports[®], Powerade[®]; sorbet, popsicles, honey, sugar, hard candy, fat-free broth, bouillon or consommé.

Clear liquid diet excludes red and purple colored substances. Alcohol is also not allowed.

What do I do 1 week before the colonoscopy?

- Discuss all your medications with your provider.
- You may need to stop your antiplatelet or anticoagulants such as Coumadin[®], Plavix[®].
- Avoid medications used to stop diarrhea such as Imodium[®], Lomotil[®], Pecto Bismol[®].
- Avoid fiber supplements such as Metamucil[®], Citrucel[®].
- Avoid iron or products that contain iron.
- Stop taking fish oil 2 days before your colonoscopy.

What do I do a day before the colonoscopy?

- Have a clear liquid diet throughout the day. Clear liquid diet excludes red and purple colored substances. No solid foods, milk products, fruits, seeds & nuts.
- Be sure to keep hydrated by drinking 8oz of clear liquid every hour.
- If you have diabetes mellitus, you may need to take half the dose of your medication while on clear liquid diet. Please, talk to your provider about this.
- Take one 5 mg bisacodyl delayed-release tablet with water. Do NOT chew or crush the tablet.
- No antacids should be taken within one hour of taking the bisacodyl delayed-release tablet.
- Prepare the HalfLytely solution according to the instructions on the kit.
- Add flavor pack of choice (if applicable) to the 2 liter container.
- No additional ingredients (other than flavor packs provided) should be added to the solution.
- Prepare the HalfLytely solution by filling the container to the 2 liter mark with water. Cap the container. Shake to dissolve the powder.
- Wait for a bowel movement (or maximum of 6 hours) then drink the 2 liter HalfLytely solution at a rate of 8 ounces every 10 minutes. Drink all of the solution.
- If you have abdominal distention or discomfort, stop drinking the HalfLytely solution temporarily or drink each portion at longer intervals until your symptoms improve.

What do I do on the day of the colonoscopy?

- Consume only clear liquids after taking the HalfLytely solution until your colonoscopy.
- Be sure to keep hydrated by drinking 8oz of clear liquid every hour. Avoid further fluid intake 2hrs before your scheduled colonoscopy.
- If you are diabetic, do not take oral diabetic medications or short-acting insulin on the day of your colonoscopy. Talk to your provider about this.

What are the possible adverse events of bowel prep agents?

- Though rare, the following adverse reactions have been reported. Abdominal fullness and cramping, nausea, vomiting, electrolyte abnormalities, cardiac arrhythmias, seizures, and renal impairment. You will have diarrhea so stay near a toilet. Use a soft toilet tissue. For anorectal irritation or discomfort, use soft toilet paper or baby wipes. Apply Vaseline or Desitin® ointment or any baby diaper ointment to the skin around the anus. For flare of hemorrhoids, use hydrocortisone cream or hemorrhoidal agents.

Remember to drink plenty of fluids. Bring an adult with you. You must be accompanied by a friend or relative to take you home. Good luck!

Visit www.bowelprepguide.com for more information on bowel preparation for colonoscopy.