

## How to prepare for your Colonoscopy

with HalfLyte<sup>ly</sup> and Bisacodyl Tablets

*Please read over these instructions carefully as soon as you receive them.  
If you have not prepared for your colonoscopy properly, your appointment will need to be  
rescheduled for a later date.*

### One week before your colonoscopy

- ✓ Fill your prescription for HalfLyte<sup>ly</sup> and Bisacodyl Tablets.
- ✓ Buy items for the Clear Liquid Diet.
- ✓ Arrange for transportation to and from your colonoscopy. You will not be allowed to drive yourself or use a taxi or bus service unless you have a responsible adult to accompany you.
- ✓ Review the special medication instructions and identify which medications (if any) you will need to stop taking before your colonoscopy.
- ✓ **Stop taking iron supplements (multivitamins containing iron are OK).**

### The day before your colonoscopy

- ✓ In the morning, fill the HalfLyte<sup>ly</sup> container with water and refrigerate.
- ✓ **Begin the Clear Liquid Diet (see list). The whole day will consist of clear liquids. There is no limit to the amount of clear liquids you drink during the day.**
- ✓ At noon, take (1) Bisacodyl tablet with water.
- ✓ At 3pm, drink half of the HalfLyte<sup>ly</sup> solution. Consume it rapidly at the rate of 8 oz. every 10 to 15 minutes. Save remaining half for the next morning.
- ✓ Stay hydrated by drinking additional clear liquids.
- ✓ Set your alarm to wake you at least four hours before your colonoscopy.

### The Clear Liquid Diet

The clear liquid diet begins the day before your colonoscopy. It can include:

Water

Clear Broth

Bouillon

Soda

Gatorade (no purple, red, or orange)

Clear Fruit Juice (apple or white grape)

Popsicles (no purple, red, or orange)

Jell-O (no purple, red, or orange)

Italian Ice (no cream or fruit)

Coffee or Tea (no milk, cream, or dairy substitutes)

**NO solid food**

**NO purple, red, or orange colors**

**NO milk, cream, or**

## The day of your colonoscopy

- ✓ Four hours before your procedure, stir up the remaining HalfLyte solution and drink it rapidly within 15 to 30 minutes.
- ✓ Hold all insulin and diabetic medications morning of procedure.
- ✓ Hold diuretics (HCTZ/furosemide) morning of procedure.
- ✓ Continue all other medications.
- ✓ **Do not eat or drink anything after you finish the HalfLyte solution (except medication with a sip (no more than 2 ounces) of water.**
- ✓ **Please note ALL LIQUIDS must be completed 3 hours before your procedure.**
- ✓ Make sure that you arrive for your appointment on time.

### Questions?

**Consult the Frequently Asked Questions sheet first.** If you still have questions, call the Gastroenterology Center's main office at (203) 281-4463

Date of Colonoscopy \_\_\_\_\_

Location \_\_\_\_\_

Arrival Time \_\_\_\_\_

## Remember, your appointment will be rescheduled if:

- ✓ **You have not completed your prep 3 hours before your procedure.**
- ✓ **You have food or drink on the day of your colonoscopy.**
- ✓ **You do not follow the preparation instructions.**
- ✓ **You do not arrive for your appointment on time.**
- ✓ **You do not have a ride home.** Medications will be given to you at the time of your colonoscopy that will impair your judgment and reflexes. You will not be able to drive yourself, and you will only be able to use a taxi or bus service if you have a responsible adult to accompany you.
- ✓ **You have a change in your health insurance coverage.** Your new plan may require us to obtain authorization before performing your colonoscopy, a process that can take some time. Please notify us of any changes to your insurance immediately.

## Procedure Locations

- Endoscopy Center of Connecticut  
Spring Glen Medical Center  
2200 Whitney Ave, Ste 380  
Hamden, CT  
(203) 281-3636
- Guilford Endoscopy Center  
Sound Medical Center  
1591 Boston Post Rd, Ste 206  
Guilford, CT  
(203) 458-4463
- Hospital of Saint Raphael  
Digestive Disease Center  
Celentano Building, 2<sup>nd</sup> Floor  
1450 Chapel St  
New Haven, CT  
(203) 789-3273  
*(Parking will be validated; take  
parking ticket with you)*
- Yale-New Haven Hospital  
Smilow Cancer Hospital  
North Pavilion  
25 Park Street, 4<sup>th</sup> Floor  
New Haven, CT  
(203) 200-5458  
*(Parking will be validated; take  
parking ticket with you)*
- Milford Hospital  
Diagnostic Treatment Center  
300 Seaside Ave  
Milford, CT  
(203) 876-4652  
*(Register at the Registration Desk,  
then proceed across the hall.)*
- Mid-State Medical Center  
Digestive Health Center, Pavilion D  
435 Lewis Ave  
Meriden, CT  
(203) 694-8314
- Temple Surgical Center  
40 Temple St, 4<sup>th</sup> Floor, Ste 4B  
New Haven, CT  
(203) 688-4060
- Temple Surgical Center  
60 Temple St, 2<sup>nd</sup> Floor  
New Haven, CT  
(203) 688-2550