



7566 N La Cholla Blvd Suite B Tucson, AZ 85741

## Colonoscopy- Halflyte Prep

- Purchase Dulcolax(bisacodyl) stimulant laxative tablets available over the counter.

### 5 Days Prior to Procedure:

- Begin low residue diet. Acceptable food list attached.

### Day Prior to Procedure:

A low residue breakfast is permitted.

After breakfast clear liquids only:

- Water, clear bouillon, broth, tea, & coffee (without milk or cream)
- Crystal Light, Gatorade, & carbonated drinks (including dark colas)
- Apple & White grape juice, Popsicles, & Jell-O
- Do not have anything: purple, red, or orange in color.

### Bowel Prep Instructions:

- At 12:00 noon take 4 Dulcolax stimulant laxative tablets.
- Additional clear liquids must be consumed for preparation to be effective.
- 4:00 pm drink an 8oz. glass of bowel prep medication every 15-20 minutes until the solution is half gone.
- If stool runs clear after half, remaining prep may be discarded.

### Day of the Procedure:

- Driver must be present at check in and is required to stay for procedure duration.
- Patient may use a medical taxi or transportation provided through insurance.
- Bring current medication list.
- Take medications for: heart, blood pressure, pain, anxiety, seizure, and thyroid. Do not take diabetic medications.

You may have clear liquids until \_\_\_\_\_. Nothing by mouth after this time including: water, gum, cough drops, tobacco etc.

Procedure date: \_\_\_\_\_

Check in time: \_\_\_\_\_

Note: Should you need to reschedule or cancel your procedure please call our office at 520-742-4139.