

## HALFLYTELY SPLIT PEG PREP

### Patient Instructions

#### **BEFORE YOUR EXAM:**

You will need to purchase these items from your local pharmacy at least 2 days prior to your appointment.

- **1 bottle of magnesium citrate (No prescription needed)**  
In a little green or clear glass bottle. (May improve taste if you refrigerate)
- **2 Dulcolax (Bisacodyl) tablets (no prescription needed).**  
These tablets may be included with your prep prescription. If not, the tablets need to be purchased.
- **Halflytely prep** (A prescription is required and has been sent to your pharmacy)  
(May improve taste if you refrigerate)

#### **THE DAY BEFORE YOUR EXAM (no solid foods - clear liquids only):**

- Begin your **clear liquid diet** when you wake on: Day: \_\_\_\_\_ Date: \_\_\_\_\_
- **No solid foods** are to be eaten on this day. You may **ONLY have clear liquids.**  
You may have the following items:
  - Coffee, water, or tea. **(no milk or creamer added)**
  - Carbonated beverages (soft drinks), ginger ale. No "Energy" beverages.
  - Gelatin dessert, (JELLO) plain or fruit flavored. **No red or purple coloring.**
  - Apple juice, white grape juice, or cranberry juice. **No pulp, no orange juice.**
  - Gatorade, Powerade, lemonade, or limeade. **No red or purple.**
  - Clear, fat-free, beef or chicken broths, or bouillon.
  - Snowballs, popsicles, slushes. **No red or purple coloring, no pulp.**
  - Clear hard candies, sugar, salt.
  - **Avoid any liquids not listed above.**
- **11:00 AM (the day before exam)**  
Drink 1 bottle of magnesium citrate.
- **3:00 PM (the day before exam)**  
Take 2 Dulcolax (Bisacodyl) tablets by mouth with a glass of clear liquid.
- **6:00 PM (the day before exam) before drinking the Halflytely prep. (Best if refrigerated)**
  1. Add cool water to the mixing container up to the fill line and mix.
  2. Drink **HALF** of the mixture in the container.  
Have this consumed within 1-1/2 hours from the time you begin the first half.
  3. You may refrigerate remaining half of the prep until ready to use the next morning.
  4. Continue clear liquids after completing the first portion of the prep. This will help you remain hydrated, **but you must stop all liquids at midnight.**

*Please have prep consumed in at least 1 hour and 30 minutes.  
This entire process is required for the success of the examination.*

\* It may be beneficial to drink the prep from a cup with a lid using a straw.

**\*\* DO NOT HAVE ANYTHING TO EAT OR DRINK AFTER MIDNIGHT.....NOT EVEN WATER.....  
EXCEPT FOR YOUR PREP and MEDICATIONS AS LISTED ON ENDOSCOPY INSTRUCTION SHEET\* \***

#### **THE MORNING OF YOUR EXAM:**

- The second part of your prep is to be done the morning of your exam.
- You will repeat step 2 that was done the previous evening.  
At Time: \_\_\_\_\_, Day \_\_\_\_\_, Date \_\_\_\_\_.
- **HAVE PREP CONSUMED WITHIN 1-1/2 HOURS FROM THE TIME YOU BEGIN!**

***Avoid having to repeat the procedure due to a poor prep!***

7/19/2012