

William Erber, M.D., P.C.  
Gastroenterology and Endoscopy  
Diseases of the Digestive Tract and Liver  
Board Certified

William F. Erber, M.D., F.A.C.P., F.A.C.G.  
Jonathan A. Erber, M.D.

591 Ocean Parkway  
Brooklyn, N.Y. 11218  
Tel. (718) 972-8500  
Fax (718) 972-0064

Instructions for Colonoscopy with HalfLyte

Appointment Day _____	Date _____	Time _____
-----------------------	------------	------------

Colonoscopy is an examination of the colon (large bowel) with a lighted flexible tube called a colonoscope. Your efforts at cleansing your colon are essential for an accurate examine.

**Purchase at the Pharmacy/Grocery Store**

- Fill prescription at the pharmacy: **HalfLyte Bowel Prep Kit**
- Dulcolax®, 4 tablets (5-mg tablets, over the counter)
- Plain or aloe Baby wipes; Desitin® or A&D® ointment, OPTIONAL (prevents a sore bottom)
- Drinking straws, OPTIONAL
- Clear liquids (see list below)

**One Week Prior to the Procedure**

- **DO NOT** take iron pills, multivitamins, or Vitamin E. **DO NOT** take medicines that may cause bleeding.
- Your doctor will let you know if you have to hold some medications prior to your procedure. These medications may include: aspirin, Plavix, Coumadin, Ticlid, Percodan, Alka-Seltzer, and anti-inflammatory medicines, 'NSAIDs' (Motrin®, Advil®, etc.), Insulin, or other Diabetes medication.
- Please hold \_\_\_\_\_ for \_\_\_\_\_ days before the procedure.
- You **WILL** be allowed to continue taking a 'baby aspirin', for your heart health, per your doctor's instructions.
- **TYLENOL and other brands that contain ACETAMINOPHEN, are safe to use prior to this procedure.**

**One Day Before the procedure**

- Have a **clear** liquid diet throughout the day. Avoid dairy products and juices with pulp such as orange or grapefruit juice. **It is important that you drink as much fluid as you can throughout the day. Since colon preps may leave you dehydrated, it is important to consume as much clear liquid as you can before, during and, after you finish the prep.**

**Soups:** Clear broth or consommé

**Sports drinks:** Gatorade®, Powerade®, Propel®

**Juices:** white cranberry, white grape, apple, limeade, strained lemonade

**Beverages:** tea, coffee, Kool-Aid®, carbonated beverages, Enlive®, Boost Breeze®, water

**Desserts:** water ices, Italian ices, popsicles, Jell-O®

**INSTRUCTIONS ARE CONTINUED ON THE NEXT PAGE**

**William Erber, M.D., P.C.**  
Gastroenterology and Endoscopy  
Diseases of the Digestive Tract and Liver  
Board Certified

William F. Erber, M.D., F.A.C.P., F.A.C.G.  
Jonathan A. Erber, M.D.

591 Ocean Parkway  
Brooklyn, N.Y. 11218  
Tel. (718) 972-8500  
Fax (718) 972-0064

**One Day Before the Procedure (cont)**

- At **2:00 pm**, take 4 Dulcolax® tablets with a glass of water.
- At **3:00 pm**, fill the container with water to the fill line, cap the bottle, and shake to dissolve. Put it in the refrigerator, it will taste better cold.
- At **5:00 pm**, start drinking the solution. **Drink an 8 oz glass, every 10-15 minutes** until the solution is gone (drinking with a straw helps).

It may take about an hour to begin to notice the diarrhea effect. You may notice some bloating or cramping at the beginning of the prep, but this usually improves once the diarrhea begins. Occasionally, some people may develop nausea with vomiting. The best remedy for this is to take a break from the HalfLyte for about an hour to allow it to move downstream and then to resume drinking at a slower rate. It usually takes two hours to complete the entire amount, and diarrhea generally continues for about an hour or two after completing. Many have found that drinking the prep through a straw and chilling the solution improves tolerance.

**You may continue to drink clear liquids until midnight.**

**Day of Procedure**

- **Small amounts of clear liquids may be permitted up until 4-hours prior to the procedure.**
- If you take medication, you may have it the morning of the procedure with a small amount of water. This means **NO MORE** than a few **SMALL** sips of water. **Please take your heart and high blood pressure medications.** You may brush your teeth.
- **Please arrive at \_\_\_\_\_AM / PM.**
- Bring your **driver's license, insurance cards, and medications (or medication list)** to the office.
- **You cannot drive on the day of the procedure. Please have someone accompany you to take you home.**

Special Instructions:

- \_\_\_\_\_ Hold morning dose of insulin the day of the procedure but bring your insulin to the facility.  
\_\_\_\_\_ If you have an artificial heart valve, or have a previous history of endocarditis, or other specific indication, your doctor may prescribe pre-procedure antibiotics.  
\_\_\_\_\_ **Bring a list of the medications (including the dosages and any allergies)** with you.  
\_\_\_\_\_ Other \_\_\_\_\_

**Commonly asked Questions:**

***How do I know if my prep is adequate?***

The stool should be watery in consistency. It does not have to be clear in color like water since digestive juices will continue to tint stool yellow. Small flecks of debris are not a problem as long as the stool is not muddy or thick. If there is any question, you can self-administer a tap water or fleet enema prior to leaving home for the procedure.

***What side effects may I expect?***

Since the prep works by flooding the intestinal tract with fluid, abdominal bloating and cramping may occur, as well as some nausea and vomiting. This is usually temporary, and as the diarrhea develops, symptoms will gradually improve. Weakness can also occur, especially if you have not taken enough fluid with the prep, and can be remedied by increasing fluid intake.

***Will the prep interfere with my other medications?***

Medications taken at least an hour before beginning the prep should be adequately absorbed, but thereafter, they are likely to be washed away by the prep.

**Remember, stay close to the bathroom facilities and warn family members that the room belongs to you!!!**

**Good Luck! This is the hardest part of the procedure.**

**REMEMBER: Please call us if you have any questions at (718) 972-8500.**