

INSTRUCTIONS FOR OUTPATIENT COLONOSCOPY HALFLYTELY BOWEL PREP

PRIOR TO PROCEDURE:

You will need to buy HALFLYTELY BOWEL PREP KIT from the pharmacy. You will need a prescription for this.

MEDICATIONS: In general, all medications should be continued in routine dosage EXCEPT medications that will affect blood clotting. If you are on any sort of blood clotting medication, your physician should approve you stopping the medicine. The following are the drugs that will require some individualized instructions:

- Please stop **COUMADIN (Warfarin) 4 days** prior to your procedure. Contact the physician that prescribes this medication for you for their approval before you stop.
- Please stop **PLAVIX (Clopidogrel) 7 days** prior to your procedure. Contact the physician that prescribes this medication for you for their approval before you stop.
- Do not take any **ASPIRIN** or anti-inflammatory medications such as **ibuprofen (Advil, Motrin), naproxen (Aleve), celecoxib (Celebrex), valdecoxib (Bextra)** or other arthritis medications for **3 days** prior to your procedure. This is not mandatory-ask your physician if you have questions. **TYLENOL (acetaminophen) IS PERMITTED.**
- If you are **DIABETIC**, do not take your oral diabetes medications the day of your procedure. Bring them with you so that you can take them after your procedure.
- If you are **DIABETIC** and you take **INSULIN**, take half of your evening dose the day before your procedure. **DO NOT TAKE ANY INSULIN THE MORNING OF YOUR PROCEDURE.**
- Please stop **IRON supplements (Ferrous Sulfate) 7 days** before your procedure.
- Please ask for special instructions if you take **Heparin, Pletal (cilostazol), Ticlid (ticlopidine), Persantine (dipyridamole), Aggrenox** or any other medication that affects blood clotting.

1 DAY BEFORE PROCEDURE:

Start a clear liquid diet all day (**NO** SOLID FOOD OR DAIRY PRODUCTS)

CLEAR LIQUID DIET

Any Clear fruit juice, **WITHOUT PULP**, soft drinks, clear broth (beef or chicken), coffee, tea, Kool-aid, Gatorade, Jello, Gelatin, and regular Popsicles, any type of hard candy, but no soft centers or chocolate. No milk or dairy products. **NOTHING WITH RED OR PURPLE COLORING.**

In the morning, on the day before the exam, add lukewarm water to the top of the line on the HALFLYTELY bottle. Shake to dissolve the powder. Place the bottle in the refrigerator. (The colder the solution, the better the taste)

PATIENTS NOT WORKING THE DAY OF THE BOWEL PREP:

- STEP 1: **Starting at 12:00 (noon)** take all 4 Bisacodyl tablets with a glass of water. Do **NOT** chew or crush tablets-swallow whole.
- STEP 2: Begin to drink the solution after a bowel movement occurs or within 6 hours- whichever comes first..
- STEP 3: Drink 1 (8 oz.) glass every 10 minutes (about 8 glasses) until all of the contents have been consumed. Rapid drinking is preferred. It will take approximately 1 hour and 20 minutes to drink the solution. You will continue to have loose bowel movements about 1-2 hours after finishing the solution

PATIENTS WORKING THE DAY OF THE BOWEL PREP:

- STEP 1: **Starting between 4-6pm** take all 4 Bisacodyl tablets with a glass of water. Do **NOT** chew or crush tablets-swallow whole.
- STEP 2: Begin to drink the solution after a bowel movement occurs or within 4 hours- whichever comes first.
- STEP 3: Drink 1 (8 oz.) glass every 10 minutes (about 8 glasses) until all of the contents have been consumed. Rapid drinking is preferred. It will take approximately 1 hour and 20 minutes to drink the solution. You will continue to have loose bowel movements about 1-2 hours after finishing

MORNING OF YOUR PROCEDURE

DO NOT eat or drink anything after midnight. You may take your usual morning medications with just a sip of water as directed on page 1 of these instructions.

Please arrive in the REGISTRATION area at _____

TIME _____

DATE _____

PHYSICIAN _____

****If you have to cancel your exam, please contact us at least 72 hours (3 business days) in advance as a courtesy to other patients and your physician. There is a \$75 charge if you do not give notice.*

**YOU WILL BE AT THE FACILITY FOR APPROXIMATELY 2-4 HOURS.
YOU MUST HAVE SOMEONE AVAILABLE TO DRIVE YOU HOME.**