



DEPARTMENT OF GASTROENTEROLOGY

Appointment with Dr. _____ Date _____
Time _____ Arrive at _____

PREPARATION FOR COLONOSCOPY USING: HalfLytely

Do these things **7 DAYS BEFORE** the procedure:

1. Arrange an escort. You will receive sedation during the procedure, and will not be allowed to drive or take public transportation home unaccompanied. **You must be escorted by a responsible adult or your procedure will be cancelled.** There is no exception to this rule. You may expect the entire visit to take approximately 3 hours.
2. If you have a managed care insurance plan, contact them to ensure your procedure is covered
3. **If you are on Iron or Aspirin, discontinue it.** Continue all of your other medications. **IF YOU ARE ON COUMADIN OR ANY OTHER BLOOD THINNER, CALL YOUR DOCTOR FOR SPECIAL INSTRUCTIONS.**
4. Obtain the preparation solution with the prescription from your doctor.

Do these things **3 DAYS BEFORE** the procedure:

Stop taking Ibuprofen (Advil, etc), Naproxyn (Aleve, etc) or other arthritis medications. You May continue taking Tylenol (acetaminophen).

Do these things **2 DAYS BEFORE** the procedure:

1. **Confirm your escort.**
2. **Drink at least 8 glasses of water throughout the day.**
3. **Stop eating seeds, popcorn, nuts, whole grains and raw fruits/vegetables.**

Do these things **1 DAY BEFORE** the procedure:

1. Start a strict **CLEAR LIQUID** diet. You may have any clear liquid, including Jell-O, as long as it is not red, orange or purple
2. Prepare the colon preparation solution in the morning according to the directions, and refrigerate it
3. At **12:00 Noon**, take the Bisacodyl Tablet by mouth. It is included in the Prep Kit.
4. At **6:00 PM** begin drinking 8 ounces of the preparation solution every 10 to 20 minutes until the container is empty. The solution may be easier to drink if it is well chilled and you drink it with a straw. If you feel nauseated, you may drink the solution more slowly, but it is important that you finish the entire volume. In incomplete preparation will result in the need to repeat the entire process. You may have clear liquids until midnight of the day before your procedure.

IF YOU MUST WORK ON THE PREP DAY, YOU MAY TAKE THE TABLETS AT 4:30 PM, AND START THE DRINK AT 7:30 – 8:00 PM.

On the **DAY OF** the procedure:

You may take your regular medications with a sip of water. If you are a diabetic on insulin, take one half your usual dose of NPH insulin only; no regular insulin. If you are on oral diabetes medications, DO NOT take them before the procedure. Arrive at the medical center (with your escort) 45 minutes early and proceed to Central Registration in the main lobby, then take the elevator to 14 North, Endoscopy. You may use the reception phone to inform the staff of your arrival.

IF YOU MUST CANCEL, CALL 631-444-1768 AS SOON AS POSSIBLE