

# GASTROINTESTINAL HEALTHCARE

*Improving Your Health From The Inside Out.*

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## HalfLytey Prep Patient Instructions Pre-Colonoscopy

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

Location:  GastroIntestinal Healthcare (2011 Falls Valley Dr., Suite 106)  
 Duke Health Raleigh Hospital (3400 Wake Forest Rd.)

**You will be following a low-fiber diet for the two days prior to your prep day. Please refer to the low-fiber diet brochure for details.**

If you have a medical condition that requires you to take a preventative antibiotic prior to your procedure, please let us know at least two days prior to your procedure by calling our office at (919) 870-1311.

### **Please purchase the following items at your pharmacy:**

- Your prescription for HalfLytey bowel prep solution and over-the-counter bisacodyl laxative tablets.
- If your HalfLytey prep kit did not come with flavor packs, you can purchase Crystal Light or equivalent as long as it is not red or purple in color.
- If your HalfLytey prep kit did not come with a bisacodyl laxative tablet, purchase one over the counter. You may also purchase it by its brand name equivalent, Dulcolax.

### **One Week (7 days) prior to your colonoscopy, stop taking the following medications:**

- Ibuprofen, Advil, Motrin, arthritis medication, Aleve, B.C. Powder, Excedrin, all vitamins and supplements, iron, Alka Seltzer, Pepto Bismol or equivalent, and psyllium products such as Metamucil or Citrucel. Tylenol may be used for pain.
- If you are taking aspirin or any blood thinners such as Coumadin, Lovenox, Plavix, Ticlid, or Aggrenox, please follow the instructions given to you by your prescribing physician:  
\_\_\_\_\_
- Please continue to take all other medications.

**Two Days before your colonoscopy:** If you tend to be constipated or sometimes need a laxative, take two Dulcolax laxative tablets (or its generic equivalent, bisacodyl) at 6:00 p.m. Dulcolax tablets are available for purchase over the counter at the pharmacy. Do not chew or crush the tablets. Do not take within one hour of taking an antacid.

### **One Day before and the day of colonoscopy: Medication Instructions**

- For diabetics – insulin dependent: Take half of your usual morning dose of insulin on the day before your procedure. Do not take any insulin on the day of the exam.
- For diabetics – oral agents: Do not take any oral anti-diabetic medication on the day before your procedure or the day of the procedure.
- Take any heart or blood pressure medications the morning of your procedure with a few sips of water.
- If you are on any inhalers please bring them with you the day of your procedure.

### **One Day Before Your Colonoscopy: Diet Instructions**

**Diet Instructions: No solid foods all day. Avoid anything red or purple in color. No milk products are permitted.** On the day before your colonoscopy, you may have the following approved liquids only. It is important to stay well-hydrated by drinking plenty of liquids from this list throughout the day.

**Approved Liquids** – One Day before your colonoscopy you may have only the following:

- |                                 |                                |                         |
|---------------------------------|--------------------------------|-------------------------|
| - Water                         | - Tea (iced or hot)            | - Coffee                |
| - Soft drinks (diet or regular) | - Fat free broth or bouillon   | - Fruit-flavored drinks |
| - Gatorade, sports drinks       | - Jello (cannot contain fruit) | - Popsicles             |
| - Apple juice                   | - White grape juice            | - White cranberry juice |

### **HalfLytey Prep Patient Instructions Pre-Colonoscopy**

You will need to drink a laxative solution called HalfLytey to cleanse your colon. You must complete the entire prep to ensure the most effective cleansing.

#### **One Day before your colonoscopy:**

**Morning:** Prepare your HalfLytey preparation by following these instructions:

1. Tear open the flavor pack of your choice and pour into HalfLytey bottle. Discard unused flavor packs. If your HalfLytey kit did not come with flavor packs, you may add Crystal Light (or equivalent) to each glass of liquid to flavor it to taste. Do not put the Crystal Light directly into the jug; add it to each glass of liquid only. Avoid flavors that are red or purple in color.
2. Add lukewarm drinking water to the top line on bottle. Shake well and place bottle in refrigerator.
3. Drink only approved liquids for the rest of the day until midnight (see list of approved liquids on previous page).

**Afternoon:**

4. Take a bisacodyl tablet (or its brand name equivalent, Dulcolax) with water at **3:00 p.m.** Do not chew or crush the tablet. Do not take within one hour of taking an antacid.

**Evening:** Begin drinking your prep solution at **6:00 p.m.** according to directions below:

5. Drink one 8-ounce glass every 10 to 15 minutes. Drink each glass quickly rather than drinking small amounts continuously. Be sure to drink **all** of the solution.
6. This may produce bowel movements after only a couple of glasses or may take up to several hours. Be sure to drink **all** of the solution. It will take approximately 1 hour to 1 1/2 hours to consume the entire amount of solution.
7. Drink 2 to 3 glasses of approved liquids (see list of approved liquids on previous page), until return is clear of stool particles.
9. If nausea, vomiting, or abdominal distention occurs, stop drinking the solution and wait for 30 minutes, then continue drinking the solution. If nausea and vomiting continues call our office at (919) 870-1311.

### **IMPORTANT NOTES FOR THE DAY OF YOUR PROCEDURE:**

- **DO NOT DRINK ANY LIQUIDS TWO HOURS PRIOR TO YOUR ARRIVAL TIME;** you will be receiving anesthesia, and having liquids in your stomach puts you at greater risk for aspiration. Your procedure may be delayed if you have consumed liquids too close to your procedure time.
- Please bring your driver license, insurance card and any co-pay/deductibles owed.
- We suggest you wear warm socks and loose comfortable clothing the day of your procedure. Please leave all valuables at home. GIH cannot be responsible for your valuables or personal items.
- Be prepared to stay at our facility for approximately 1 ½ to 2 hours. If you are having a procedure that requires sedation, you must make arrangements to have a responsible adult 18 years or older accompany you to our office and drive you home. This person must remain in our facility until you are discharged. Please do not ask someone to drop you off and return for you at a later time; patients are not permitted to take a cab or bus home. If you do not have a responsible adult with you upon arrival, GastroIntestinal Healthcare reserves the right to delay or reschedule your procedure.
- During the remainder of the day, do not plan on: returning to work or school; driving; signing legal documents or participating in any activity that requires coordination or balance.
- Visitors to the recovery room are limited to one person per patient. Children under the age of twelve are not allowed in the recovery room for any reason.
- So that we may better care for you, please call our office at (919) 870-1311 if you have any cold or upper respiratory symptoms within 3 days of your scheduled procedure.

If you have any questions, please contact our office at (919) 870-1311. We look forward to participating in your health care.