

Rochester Gastroenterology Associates, LLP

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INSTRUCTIONS FOR COLONOSCOPIC PREP WITH HALFLYTELY READ CAREFULLY - DO NOT EXCEED RECOMMENDED DOSAGE AS SERIOUS SIDE EFFECTS MAY OCCUR

Name _____ Procedure _____

PLEASE REVIEW ALL INSTRUCTIONS UPON RECEIPT

In order to assure optimal colonoscopic examination, the following guidelines are recommended:

- 1. Take no aspirin or aspirin containing products for five (5) days before the procedure. Acetaminophen, (Tylenol) can be used. Do not take any arthritis medications like ibuprofen (Advil, Aleve, Motrin, Naprosyn, Celebrex, Bextra) for three to five (3-5) days before the procedure.**
2. Take no extra dietary fiber, including Metamucil, Citrucel, Fibercon, or similar products for one (1) week before the procedure.
3. Stop all iron medications, or vitamins containing iron one (1) week before the procedure.
4. Please discontinue use of **CARAFATE** or any antacids (Maalox, Tums, Rolaids) 24 - 48 hours prior to procedure.
5. Do not eat nuts, raisins, fruits containing seeds, foods containing seeds (sesame, poppy, ect.) or uncooked vegetables three (3) days before the procedure.
6. **You can take your regular medications on the morning of the examination, except insulin.** Please check with us prior to taking any insulin or other antidiabetic medications on the morning of the examination.
7. 7. If you are on any kind of blood-thinning medications, such as **COUMADIN**, please inform our office at 227-1080, **IMMEDIATELY.**

DAY BEFORE EXAMINATION

1. Begin a clear liquid diet one (1) day before the procedure. No food is allowed. Clear liquids include water, lemon-lime soft drinks, colas, apple juice, jello, and broth (**NO red or purple jello and/or liquids allowed**). You may have coffee and tea, but no milk or powered creamer.
2. At 12:00 noon take all (4) bisacodyl tablets with water. Do not chew or crush. Do not take the bisacodyl tablets within 1 hour of taking an antacid.

Please turn over...

DIRECTIONS FOR COLONOSCOPY PREP WITH HALFLYTELY PAGE -2-

3. At 1:00 pm add lukewarm drinking water to top of line on bottle. Cap bottle and shake to dissolve the powder. The reconstituted solution will be clear and colorless. Use within 48 hours. Do not add anything else, such as flavorings, to the solution.
4. After a bowel movement occurs (usually in 1 to 6 hours), begin to drink the solution. Even if no bowel movement occurs after 6 hours, begin to drink the solution.
5. Drink 1 (8 oz) glass every 10 minutes (about 8 glasses). Drink each glass quickly rather than drinking small amounts continuously. Be sure to drink ALL of the solution.

Note:

- **If you have severe ulcerative colitis, consult your physician before using this product.**
- **If you have severe discomfort or bloating, stop drinking solution for a while or wait longer between drinking each glass until the discomfort goes away.**
- **Do not take any other medicines within 1 hour of starting to drink the solution.**
- **Nausea, cramping and abdominal fullness are the most common adverse reactions.**

DAY OF EXAMINATION

1. Drink only clear liquids thereafter until examination is completed.
2. You should plan on 2 - 3 hours, including recovery time, for this test.
3. Transportation arrangements must be made for someone to pick you up at the EMPC and accompany you home. **NO EXCEPTIONS CAN BE MADE!**
4. You must arrange for a neighbor, friend, or family member to stay with you after your arrival home, since sedation effects can last well into the evening.
5. For some procedures, prior blood tests may be necessary. These tests need to be done between 1 - 3 weeks before the procedure. Special instructions will be given for people on blood-thinning medications. If you are required to have these blood tests, the requisition for the laboratory will be enclosed.
6. If you are unable to keep your scheduled appointment, cancellation is appreciated 48 hours hi advance by calling **227-1080** between 9 a.m. and 4:30 p.m. If you fail to notify us you may be charged. Also, please call this number if you have any further questions.