

□ **JAMES D. TOROSIS, MD**

□ **VICKY W. YANG, MD**

□ **DANIEL S. RENGSTORFF, MD**

□ **CYNTHIA W. LEUNG, MD**

Name: _____

Date/Time: _____

Arrival Time: _____

Date Of Birth: _____

LOCATION: _____

COLONOSCOPY WITH HalfLyte^{ly} BOWEL PREP KIT Preparation Instructions

Five days before the procedure:

Please do not take any coumadin, plavix, aspirin, or nonsteroidal anti-inflammatories, such as ibuprofen (Advil, Motrin), naproxen (Aleve), Feldene, Relafen, Daypro, etc. **Acetaminophen (Tylenol) is acceptable. If you have a history of blood clots, coronary artery stents or a mechanical heart valve please discuss this with your doctor.**

- Please stop eating food products containing seeds and Iron supplements 5 days prior to the procedure.

Two days before the procedure:

Add water to the **HalfLyte^{ly}** following the instructions on the on the 2 liter bottle container. Place in the refrigerator overnight to get really chilled.

One day before the procedure:

You may not have any solid foods. You may have clear liquids only. These include: coffee/tea with sweetener only, beef/chicken broth, apple juice, white grape or white cranberry juices, Gatorade, soda pop, popsicles, and Jell-O. Please, no red or purple colors.

At 3 PM, take all 1 Bisacodyl tablet with an 8oz glass of water. Swallow the pill whole. Do not crush or chew. You may experience bowel movements 1-3 hours later.

At 6 PM, begin drinking the chilled HalfLyte^{ly} solution. You will need to drink an 8 ounce glass about every 15 minutes to finish it in two hours.

- If you develop nausea or vomiting with the prep please stop and take a 30 minute break. It may help to suck on a lime wedge prior to drinking a glass of the prep.
- If you are having difficulties completing the preparation (vomiting etc) please call the office or the physician on call if after hours.

STOP DRINKING ALL LIQUIDS:

For a **morning** procedure: Do not eat or drink anything after midnight the night before.

For an **afternoon** procedure: You may have a clear liquid breakfast before 8AM. You may take your morning medications with a small sip of water, unless otherwise instructed. If you are a diabetic, please discuss your medications with one of us.

You will most likely receive sedation and will require a designated driver to take you home. **Public transportation and taxis are not an option.** If you need assistance, our office may be able to help you find a ride.