

INSTRUCTIONS for COLONOSCOPY
HALFLYTELY Preparation- PM/Split

MEDICATIONS:

- Take your usual prescription medications.
- One week before procedure, stop taking iron, aspirin, Advil (ibuprofen), Aleve, Vitamin E or herbal / iron supplements.
- You may take **TYLENOL** (acetaminophen) & other non-narcotic pain relievers prescribed by your physician.
- If you use other prescription pain relievers, ask the doctor or nurse when the last dose can be taken prior to procedure.
- If you take Coumadin or blood thinners, please contact your primary doctor for specific instructions on usage before, during and after your procedure.

You will need to purchase:

- HALFLYTELY KIT – PRESCRIPTION
- DULCOLAX LAXATIVE 5mg Tablets
No Prescription Needed

*** DAY BEFORE COLONOSCOPY ***

DATE: _____

DIET:

- CLEAR LIQUIDS ONLY
- DO NOT EAT ANY SOLID FOODS ALL DAY

CLEAR LIQUIDS INCLUDE:

- Water
- Fruit juices w/o pulps – apple, white grape/cranberry, pineapple
- Clear broth or bouillon (chicken, beef or vegetable flavor)
- Tea
- Sugar and/or Honey
- Gatorade / Special K protein water
- Soda (regular or diet)
- Black Coffee (decaf / regular)
- Jell-O (Green, yellow and orange flavor ONLY)
- Popsicles or Italian Ice
- Kool-Aid or Flavored Drinks
- Hard Candy

DO NOT DRINK RED, BLUE OR PURPLE LIQUIDS

GASTROENTEROLOGY ASSOCIATES
of Northern Virginia, Ltd.

PREP:

- Take 2 Bisacodyl tablets at 3:00pm with 8oz of clear liquid. These pills are included in your kit.

HALFLYTELY SOLUTION

- At 5:00pm, fill the container with water to the line indicated on the side. You must drink 8oz every 10 minutes until you have consumed 32ozs. Refrigerate the remainder of the solution.
- If you feel nauseated during the process, take a break from drinking until your stomach settles and restart the process again.
- At 7:00pm, take 4 Dulcolax tablets with water.
- Before retiring, drink at least three (3) 8oz glasses of clear liquids to help prevent dehydration.

*** DAY OF COLONOSCOPY ***

DATE: _____

- At 6:00am, you must drink the rest of the solutions every 10 minutes.

DO NOT EAT OR DRINK ANYTHING MIDNIGHT. YOUR TEST WILL BE CANCELLED IF YOU DO.

For PM appointments only:

- You are allowed to have 6oz of clear liquids before _____am and **NOTHING TO DRINK** after that time.

* Your driver must accompany you to your procedure and stay until the procedure is completed and you are ready to leave. **NO TAXI CABS ARE ALLOWED.** Do not drive an automobile, operate machinery or drink alcohol for 12 hours after the procedure due to sedating effects of the medications used.

* If you're having a problem with your colonoscopy preparation after hours, please call our main line at (703) 698 – 8960 and the answering service will contact the on call doctor for you.

