

## **COLON PREPARATION INSTRUCTIONS**

Do not take **ANY** anti-inflammatory (Motrin/Advil/Aleve, e.g.) or aspirin for 7 days prior to your procedure. Use acetaminophen for any pain relief. Call our office if you are taking **ANY** blood thinners. If you require antibiotics prior to procedures/dental work, call our office to speak to a nurse.

### **HALFLYTELY INSTRUCTIONS**

***(Follow THESE INSTRUCTIONS when preparing for your colonoscopy, not the ones that come with your prescription.)***

### **ON THE DAY BEFORE YOUR PROCEDURE:**

**DO NOT** eat food or drink milk. Drink clear liquids only. Please see attached list for clear liquids

Take the 2 Bisacodyl tablets with water 6 hours prior to starting prep. Starting anywhere between 1:00 pm to 6:00 pm the day prior to your test, tear open one flavor pack of Choice and pour into Halflytely bottle. Discard unused packs. Solution can be used with or without the flavor pack. Add drinking water to top line on the bottle. Cap bottle and shake to dissolve.

Drink one (1) 8 oz glass of Halflytely every 10 minutes. A watery bowel movement should begin shortly after. **BE SURE TO DRINK ALL THE SOLUTION.** You will continue to have loose bowel movements. You must drink entire prep solution within 6 hours.

Please call the nurse at (615) 383-0165 Monday through Friday, 8:30 a.m. to 4:30 p.m. if the following apply to you:

- 1. If you are on any of the following medications: Arthritis medicine, aspirin, or blood thinners (Heparin, Coumadin, Liquaemin, Calciparine, Heplock, Dicumarol, Bishydroxycoumarin, Phenprocoumon, Liquamar, Warfarin, Panwarfin, Anithrombin-K, Anisindione, Miradion, Dihydroergotamine Mesylate, DHE, Dipyridamole, or Persantine).
- 2. If you have any questions about the above preparation

You may want to purchase Alavero flushable wipes or Balneol lotion from Walgreens for your comfort during your prep.

Clear liquids are allowed until midnight, then nothing by mouth.....**NOT EVEN GUM OR HARD CANDY!!!** You may have a

sip of water to take your morning medications the day of the procedure. If you have any questions or problems, call our office at 615-383-0165.

### **CLEAR LIQUIDS:**

WATER

ICE

CARBONATED BEVERAGES (SPRITE, 7-UP, GINGER ALE)

CONSOMME

BROTH-BEEF OR CHICKEN

APPLE JUICE

GRAPE JUICE

LEMONADE

COFFEE (NO CREAM)

GATORADE

JELLO--NOT RED

POPSICLES--NOT RED

NO BEVERAGES CONTAINING ALCOHOL

All things you can see through---nothing with red food coloring