

## INSTRUCTIONS FOR COLONOSCOPY WITH HALFLYTELY BOWEL PREP KIT

Obtain one HalfLyte Bowel Prep Kit from the pharmacy.

### ONE WEEK PRIOR TO THE PROCEDURE:

Please do not take aspirin, Advil, Motrin, Aleve, ibuprofen, etc., or vitamin E. Tylenol is o.k. If you take Persantine, Plavix, Ticlid, Coumadin, or any non-steroidal anti-inflammatory drug or diabetes medication, ask your prescribing physician for special instructions and let us know. Please continue to take your medication as usual.

### ONE DAY BEFORE THE PROCEDURE:

1. Clear liquids only (see below \*)
2. At 2:00 p.m. begin to follow the directions in the prep kit.
3. **YOU MUST** continue drinking clear fluids until bedtime. The more fluids you drink the better your prep will be.

### ON THE DAY OF THE PROCEDURE:

1. Nothing by mouth for \_\_\_\_\_ hours prior to the procedure.
  2. If you take medications, you may take it on the morning of the procedure with a small amount of water. (Call the office if you have questions about these instructions).
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- CLEAR LIQUID DIET --- ONLY THESE ITEMS ARE ALLOWED: DO NOT HAVE ANYTHING RED OR PURPLE IN COLOR.
  - Gatorade and Powerade. **We encourage you to drink as much as possible of these two items to prevent dehydration.**
  - SOUPS: Clear bouillon, broth or consommé
  - BEVERAGES: Tea, coffee, decaffeinated tea/coffee, Kool-Aid, carbonated beverages. DO NOT put any milk or cream in your tea or coffee.
  - JUICES: Apple, White grape juice, white cranberry juice, strained lemonade, limeade, orange drink.
  - ANY JUICE THAT YOU CAN SEE THROUGH AND HAS NO PULP IS ACCEPTABLE.
  - DESSERT: Water ices, Italian ices, Popsicles, Jello, Sorbet
  - You can have up to three cans of Ensure.
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DATE: \_\_\_\_\_ TIME: \_\_\_\_\_ DOCTOR: \_\_\_\_\_

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| REPORT TO: | St. Vincent's Medical Center<br>2800 Main Street<br>Bridgeport, CT | The Endoscopy Center of Fairfield<br>425 Post Road<br>Fairfield, CT |
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**NO DRIVING: You cannot drive, take a taxi alone, or take a bus alone after the procedure. You must be accompanied by an adult. If this rule is not followed, we will cancel your procedure.**