

## GASTROENTEROLOGY CENTER OF NORTHERN VIRGINIA LTD.

**PROCEDURE LOCATION:** (If unsure of the exact place and time, please verify with the office)

- Virginia Hospital Center Arlington 1635 North George Mason Drive 2<sup>nd</sup> floor GI out Patient Center, Gold Parking
- Fairfax Hospital 3300 Gallows Road, Falls Church, VA Women's & Children's Center – Blue Entrance
- Woodburn Endoscopy Center 3301 Woodburn Road, Suite 109 Annandale, Virginia

**APPOINTMENT DATE:** \_\_\_\_\_ **ARRIVAL TIME:** \_\_\_\_\_ **PROCEDURE TIME:** \_\_\_\_\_

*Please notify our office if you have an Internal Defibrillator or Cardiac Stent*

### **Colonoscopy Instructions with Halflytely Bowel Prep Kit**

**To Purchase:** Have your prescription filled for the HalfLytey Bowel Prep Kit at least 2 days in advance to be sure the pharmacy has it in stock.

1. Discontinue 5 days in advance of your procedure date: all aspirin, ibuprofen or Advil type products, blood thinners (Coumadin, Plavix, Aggrenox, Ticlid, Persantine.) **If you take any of these medications for cardiac reasons, check with your regular doctor or cardiologist before stopping them.** Tylenol may be used as needed. Your other necessary medications are OK to take.
2. Use a clear liquid diet for ONE FULL DAY before the colonoscopy day beginning first thing in the morning, day. A list of clear liquids is attached. Do drink plenty to stay hydrated. You will not return to your regular diet with food until after your colonoscopy.
3. The morning before your colonoscopy day, mix the HalfLytey with water according to the package instructions and refrigerate. (It must be used within 48 hours of mixing)
4. At 3-4:00 p.m. the afternoon before your procedure, take all of the bisacodyl tablets with water. (The tablets are included in the prep kit.) The tablets are a laxative and **may** begin working within several hours. Be prepared to be near a bathroom. Continue on lots of clear liquids.
5. At 6-7:00 p.m. the evening before your colonoscopy (or 3 hours after taking the bisacodyl tablets) begin drinking 8 oz. of the Halflytey every 10- 15 minutes until you have consumed ½ the container or one liter (liters are marked on the side of the bottle.) You will drink the remainder of the bottle the morning of your colonoscopy. It is best to drink the mixture within about one hour. This is a laxative. Continue on Clear liquids.
6. The morning of your procedure drink the remainder of the HalfLytey just as you did the evening before. If your arrival time is **at or before 7:00 a.m.**, drink the HalfLytey at 4:00 a.m. or earlier to give yourself adequate travel time. If your arrival time is **after 7:00 a.m.**, drink the HalfLytey at 5:00 a.m. You may continue clear liquids until 4 hours prior to your procedure time, then nothing further by mouth. Necessary medication early in the morning is OK.

Please have a responsible adult to drive you home after your procedure or you may only take a cab if accompanied by an adult. You are **not to drive** for the rest of the day after your procedure.

Be certain you have provided all current insurance information and necessary referrals to our office at least two weeks prior to your procedure date. Referrals apply only to HMO and Managed Care plans.

*To cancel or reschedule please give 5 business days advance notice to avoid a charge*

**Also download the “Colonoscopy frequently asked questions” and the “Clear liquid diet.”**

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