

GASTROENTEROLOGY CENTER OF NORTHERN VIRGINIA, LTD.

WHERE TO GO FOR YOUR PROCEDURE: (If unsure of the exact location, call the office)

- Virginia Hospital Center Arlington 1635 North George Mason Dr. 2nd 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 the office if you have an Internal Defibrillator or Cardiac Stent

Colonoscopy Instructions With Halflytely Bowel Prep Kit – two day

To Purchase: At the pharmacy, have the prescription filled for the HalfLyte Bowel Prep Kit at least 2 days in advance to be sure the pharmacy has it in stock. Also purchase one 10 oz bottle of Magnesium Citrate (over the counter, do not buy the red bottle)

1. Discontinue 5 days in advance of your procedure: any 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 TWO FULL DAYS before the colonoscopy day. This will begin first thing in the morning for both days regardless of your procedure time. **Do drink plenty to stay hydrated.** You will not return to your regular diet with food until after your colonoscopy.
3. At 5:00 p.m. 2 days before your colonoscopy day, drink one full bottle of Magnesium Citrate (laxative) followed by 8 ounces of any clear liquid. Be prepared to be near a bathroom. Continue on clear liquids.
4. The morning before your colonoscopy, mix the HalfLyte with water according to the package instructions and refrigerate. (It must be used within 48 hours of mixing)
5. At 3:00 p.m., the afternoon before your colonoscopy, 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 but do not worry if they do not
6. At 6:00 p.m. the evening before your colonoscopy (or 3 hours after taking the bisacodyl tablets) begin drinking 8 oz. of the HalfLyte mixture (laxative) every 10- 15 minutes until you have drunk 1 liter or half the bottle. It is best to drink the mixture within 1 to 1 ½ hours. You will drink the remaining HalfLyte the morning before you colonoscopy. Continue clear liquids.
7. The morning of your colonoscopy drink the remaining one liter of the HalfLyte just as you did the night before, one glass every 10 minutes. If your arrival time for your procedure is **at or before** 7:00 a.m. drink the mixture at 4:00 a.m. If your arrival time is **after** 7:00 a.m. drink the mixture at 5:00 a.m. You may continue clear liquids up until 4 hours prior to your procedure, then nothing further by mouth. Necessary medications early in the morning are OK.

Please have a responsible adult to drive you home after your procedure or you may 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.)

Also, please download “colonoscopy frequently asked questions” and “clear liquid diet.”

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