

**DIGESTIVE
DISEASE
CONSULTANTS**
A Division of Capital Digestive Care, LLC

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GASTROENTEROLOGY
AND HEPATOLOGY



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NAME: _____

We perform procedures at the following locations:

GIEA
15005 Shady Grove Road
Suite 200
Rockville, MD 20850
(301) 340-8099

**Shady Grove Adventist Hospital
Out-Patient Surgery Center**
9901 Medical Center Drive
Rockville, MD 20850
(301) 279-6000

Please **ARRIVE** at: _____ on _____
Time Date

PREPARATION INSTRUCTIONS FOR COLONOSCOPY (HALF-LYTELY METHOD)

YOU MUST MAKE ARRANGEMENTS FOR SOMEONE YOU KNOW TO DRIVE YOU HOME. You may not drive for the rest of the day once the procedure is completed. The sedation, which makes the procedure comfortable, will take time to wear off.

PLEASE PURCHASE:

- **HalfLytely Bowel Preparation Kit (prescription attached)**
The kit contains one pack of two (2) Bisacodyl delayed-release tablets and one two liter bottle of HalfLytely dry bowel preparation solution.
- **Two (2) additional Dulcolax tablets** which are available over-the-counter (in larger quantities) or we have packets of 4 available for purchase.



PLEASE FOLLOW OUR INSTRUCTIONS BELOW AND NOT THE INSTRUCTIONS THAT ARE INCLUDED WITH IN THE KIT!

Step 1: THE ENTIRE DAY BEFORE THE PROCEDURE, YOU MAY HAVE CLEAR LIQUIDS ONLY. Clear liquids include coffee, tea, water-either carbonated or regular, Gatorade, all soft drinks, e.g. coke, Pepsi, ginger ale, 7-Up; all of the clear juices –apple, cranberry, grape; Jell-O or other similar gelatin; clear soups, i.e. bouillon or broth. Sugar and/or artificial sweeteners are allowed. You may continue these clear liquids up until 3 hours prior to your procedure.

NOT ALLOWED ON A CLEAR LIQUID DIET: Milk, cream, soy milk equivalent, artificial creamer, pulpy juices like orange, grapefruit, pineapple, tomato and V-8, all NOT allowed.

IMPORTANT NOTE: If you eat Red JELL-O it may look red coming out but it is not blood.

Step 2: AT 4:00 PM THE DAY BEFORE YOUR PROCEDURE:

- Find packet of Dulcolax (bisacodyl) delayed-release tablets in preparation kit and take the two (2) tablets with water.
- Do NOT chew or crush the Dulcolax (bisacodyl) tablets.
- Do not take the Dulcolax (bisacodyl) tablets within 1 hour of taking an antacid.

Step 3: MIX SOLUTION:



- Add lukewarm drinking water to top of line on bottle.
- Cap the bottle and shake to dissolve the powder.
- The mixed solution will be clear and colorless. Use within 48 hours. Do not add anything else, besides the provided flavor packs, to the solution

Step 4: AT 6:00 PM, START DRINKING THE HALF-LYTELY SOLUTION:



- Drink 1 (8 oz) glass every 10 – 15 minutes (about 8 glasses). Drink each glass steadily, at your own pace. Do not “chug” it.
- A watery bowel movement should begin in approximately 1 hour. **Be sure to drink ALL the solution.**
- Try to drink all of the solution by 8:30 pm.
- You may also have other clear liquids while drinking the HalfLyteLy solution to avoid “taste fatigue”.

Step 5: AT 9:00 PM, TAKE TWO (2) MORE DULCOLAX (BISACODYL) TABLETS WITH WATER.

THE DAY OF YOUR EXAMINATION

1. The morning of your examination you may continue to have any and all of the clear liquids mentioned above up until 3 hours prior to your examination. Once you are within three hours of your scheduled procedure time you must not have anything to eat, drink, smoke or chew.
2. Take all of your usual morning medications unless otherwise instructed by your physician.

FOR PATIENTS WITH DIABETES

1. Make sure that your clear liquids contain sugar and are not sugar free.
2. On the morning of your examination if you are on oral agents, take your usual oral agents.
3. For patients on insulin, take between one-half to two-thirds, whichever is the easiest (round number) of your usual dose of insulin and continue sugar-containing clear liquids until three hours prior to your procedure. The IV we give you contains sugar and we can check your blood sugar to give any additional insulin as necessary. In general, diabetics that follow this regimen, maintain a slightly above average blood sugar, so there is no problem with that insulin dose.

Anal Irritation during Colonoscopy Preparation- Many patients complain of anal irritation and burning because of the diarrhea induced by colonoscopy preparation. We recommend using Tucks or any brand of baby wipe followed by a generous application of Vaseline petroleum jelly both to the external anus and the internal anal canal after each watery bowel movement during colonoscopy preparation to prevent this anal irritation.