

NAME: \_\_\_\_\_

We perform procedures at the following locations:

**GIEA**  
15005 Shady Grove Road  
Suite 200  
Rockville, MD 20850

**Shady Grove Adventist Hospital**  
Out-Patient Surgery Center  
9901 Medical Center Drive  
Rockville, MD 20850

Please **ARRIVE\*\*** at: \_\_\_\_\_ on \_\_\_\_\_  
Time Date

**PREPARATION INSTRUCTIONS FOR COLONOSCOPY (HALF-LYTELY METHOD)**

- **STOP COUMADIN/WARFARIN \_\_\_\_\_ DAYS PRIOR TO YOUR PROCEDURE**
- **STOP PLAVIX \_\_\_\_\_ DAYS PRIOR TO YOUR PROCEDURE**

**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 (1) Bisacodyl delayed-release tablet and one two liter bottle of HalfLytely dry bowel preparation solution.
- **Three (3) 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.

**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:**

- Take two (2) Dulcolax (bisacodyl) delayed-release tablets with 8oz of 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.

**Capital Digestive Care**  
Digestive Disease  
Consultants

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Suite 150  
Rockville, MD 20850

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- 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 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**

- Take all of your usual morning medications **at least 4 hours prior to your procedure** unless otherwise directed by your physician
- **4 HOURS PRIOR TO YOUR EXAM YOU MUST HAVE NOTHING TO EAT, DRINK, SMOKE OR CHEW.**

**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.

**PLEASE NOTE: IF YOU FIND IT NECESSARY TO CANCEL YOUR PROCEDURE WITHIN 48 HOURS PRIOR TO THE SCHEDULED APPOINTMENT A \$150 CANCELLATION FEE WILL BE CHARGED**