



Birns, Gloger, Witten & Bhinder, MD

Patient Name: _____

**INSTRUCTIONS FOR COLONOSCOPY
HalfLytely-2 day prep**

Date: _____ Time of Procedure: _____

Arrival Time: _____ with Dr. _____

Location: _____ **Urbana GI Endoscopy Center** – 3280 Urbana Pike # 104
Phone Number 240-436-6440

_____ **GIEA-** 15005 Shady Grove Rd # 200
Phone Number 301-340-8099

_____ **Shady Grove Adventist Hospital, Outpatient Surgery Center**
9901 Medical Center Dr, Rockville, MD 20850
Phone Number 240-826-7541

_____ **Frederick Memorial Hospital, Outpatient Surgery Center**
400 W 7th St, Frederick, MD 21701
Phone Number 240-566-3300

You must have someone drive you home. If you plan to take a taxi home, you must have someone accompany you. You will be ready to be discharged ½ to 1 hour after your procedure is complete.

Please leave all valuables and jewelry at home.

Please remember we require 72 hour notice for cancellations or rescheduled appointments. If you fail to give 72 hour notice you may be charged a cancellation fee.

ONE WEEK BEFORE THE PROCEDURE

Please stop the use of aspirin or aspirin products if a doctor has not prescribed them for you. Nonsteroidal products such as Ibuprofen, Relafen, Voltaren, Indocin, Celebrex, and Advil should be used sparingly. In addition Coumadin (warfarin), Persantine (dipyridamole), Pradaxa or Aggrenox should be held for 3 days prior to the procedure. In terms of stopping any of these prescriptions, please consult with the prescribing doctor about your ability to safely hold these medications for the requested time periods. You may take Tylenol as necessary.

YOU WILL NEED

- HalfLytely –prescription
- 16 – 5 mg Dulcolax laxative tablets (generic name bisacodyl) – over the counter

5 DAYS PRIOR TO THE PROCEDURE

Stop eating high fiber foods and fiber supplements (including nuts, corn, popcorn, raw fruits, vegetables and bran)

2 DAYS BEFORE THE PROCEDURE

You must be on a **clear liquid diet** the entire day before your procedure (**no solid foods**)

DO NOT drink milk

DO NOT drink alcoholic beverages

Any of the following clear liquids are OK

Water

Strained fruit juices (without pulp) including apple, orange, grape, or cranberry

Limeade or Lemonade

Coffee or tea (DO NOT use any dairy or non-dairy creamer)

Clear broth (beef, chicken, or vegetable) with or without salt or pepper

Soda or Gatorade, PowerAde or Vitamin Water type products

Crystal Light

This is the laxative dosing regimen to follow 2 days before the procedure.

Morning time	Take 4 Dulcolax Laxative Tablets with 8 to 16 oz. of clear liquid
Mid-day	Take 4 Dulcolax Laxative Tablets with 8 to 16 oz. of clear liquid
Evening time	Take 4 Dulcolax Laxative Tablets with 8 to 16 oz. of clear liquid

DAY BEFORE THE PROCEDURE

Continue the clear liquid diet above

Step 1 12:00 pm	Take 4 Dulcolax tablets with water. Do not chew or crush. Do not take within One hour of taking an antacid
Step 2	Mix solution, add lukewarm water to the top of the bottle, cap the bottle and shake to dissolve powder. The solution should be clear and colorless. Use within 48 hours. Keep refrigerated.
Step 3	Wait for a bowel movement after the Dulcolax tablets. After bowel movement occurs (usually 1 to 4 hours) begin to drink the solution. ***after 4 hours if no bowel movement has occurred begin to drink the solution.
Step 4	Drink 1 8 oz. glass of solution every 10 -15 minutes. Drink each glass quickly rather than small amounts continuously. Take 4 Dulcolax laxative tablets be sure to drink all of the solution.

The purpose of this prep is to clean your colon. Your bowels should run clear.

*We recommend coating the rectal area with **VASELINE** to protect the skin from chaffing during your prep

*****You must be totally fasting 4 hours before the procedure. This means you may have nothing to eat, drink, smoke, or chew 4 hours prior to the procedure.**

To avoid the risk of a delay or a cancelled procedure, please be very careful to not eat, drink smoke or chew during this 4 hour time frame.

If any problems or questions arise, please call our office at 301-251-1244 option 3 during normal business hours.

Revised – 2015 HL2day