

DIGESTIVE DISEASES CENTER OF SOUTH TEXAS, P.L.L.C.

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DIPLOMATES, AMERICAN BOARD OF INTERNAL MEDICINE AND GASTROENTEROLOGY

Halflytely Afternoon Procedure

Laxative Prep Instructions

THE DAY BEFORE YOUR EXAM you may have a regular breakfast. You will then need to be on a **CLEAR LIQUID DIET** for lunch and the remainder of the day. Examples of Clear Liquids include: Fat-Free Broth, Bouillon, Liquid portions of soup, Coffee, Tea, Pulp-Free juices, Sodas, Popsicles, etc. One or two ounces of milk to flavor your coffee are OK to use. Please **AVOID** anything with **BRIGHT** artificial colorings such as **RED, BLUE, or GREEN** dye (this will turn your colon that color!) **AVOID JELL-O** as this will harden your stools. It is important to drink adequate fluids throughout the day.

THE DAY OF THE EXAM you may have a clear liquid breakfast before **6 AM**. **DO NOT EAT OR DRINK ANYTHING ELSE.** The only thing you may have would be your prep. **At 6 AM** begin taking 2 – 4 Bisacodyl tablets with water. Be careful not to chew or crush these tablets. **AT 7 AM** drink 1 (8 oz) glass of the solution every 10 minutes. (Rapidly drinking a glassful is usually easier than sipping an ounce or two at a time.) **BE SURE TO DRINK ALL OF THE SOLUTION.** A watery bowel movement should begin in approximately 1 hour. You will continue to have loose bowel movements for about 1-2 hours after finishing.

Medications

1. Stop taking Coumadin (a blood thinning medication) and Iron 7 days before the procedure, if possible. Please consult with your primary care physician to make sure it is OK to stop your Coumadin. We will check your blood tests the day before the procedure to make sure that your blood is not too thin.
2. Please let us know if you are taking any of the following: Aspirin, Plavix, Bufferin, Mortin, Ibuprofen, Advil, Naprosyn, Aleve, Nuprin, and Alka-Seltzer.

Diabetic Patients

1. Do not take oral diabetic medication (Pills) the day of the exam.
2. If Insulin is used at bedtime, take half of your usual dose.
3. If Insulin is used twice a day, take half of your morning dose on the day of the exam.

You should otherwise take all of your medications as usual the day of the exam with a small amount of water.

Patient Name: _____ - **Date of Exam:** ____/____/____

Time of Exam: _____ A.M / P.M - **Arrival Time:** _____ A.M / P.M - **Facility:** _____

Please make arrangements for someone to drive you home after the exam. Due to the medication administered to sedate you, you will be unable to drive or take on any responsible tasks for the remainder of the day. The exam WILL NOT BE DONE IF YOU COME BY YOURSELF, VIA BUS, OR TAXI CAB.

You should be ready for discharge approximately 30 minutes after the exam.

There is a possibility that your insurance company may not cover these procedures, we suggest that you contact your carrier prior to the exam to verify coverage. All unpaid charges will be the responsibility of the patient.

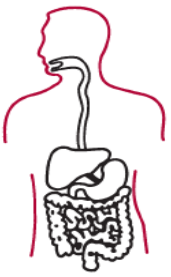
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