

SPLIT DOSE HALFLYTELY PREP PROCEDURE DATE & ARRIVAL TIME _____

Bux-Mont Endoscopy Center Grand View Hospital St. Luke's Quakertown Hospital GVH Harleysville Outpatient Center

Your physician has requested you have a colonoscopy examination to view the inside of your large intestine. The actual test takes approximately 30 minutes; however you can expect your total stay to be about 1 1/2-2 hours if performed at the Bux-Mont Endoscopy Center, or 2-3 hours if in the hospital. You will be receiving intravenous sedation medications for your procedure. Therefore, **YOU MUST MAKE ARRANGEMENTS AHEAD OF TIME FOR AN ADULT TO DRIVE YOU HOME.**

INSTRUCTIONS

Non-Steroidal Medications/Aspirin/Aggrenox:

- There is no need to stop anti-inflammatory drugs (such as ibuprofen, Motrin, Advil, Aleve, Naprosyn, etc.), aspirin or aggrenox unless otherwise directed by your physician.

Blood Thinners:

- **IF YOU TAKE COUMADIN, PLAVIX, ASPIRIN, XARELTO, ELIQUIS, BRILINTA, TICLID, PRADAXA, ENOXAPARIN, ENDOXAPAN or other "blood thinning" agents**, you should already have special instructions from your doctor. If you did not receive these instructions, please notify nursing at **215-257-3011**.

Diet the WEEK BEFORE your procedure:

- The week prior to your examination it is highly recommended that you follow a low roughage diet- avoid foods such as tomatoes, corn, beans and fruits with the peel so the physician can see the entire colon better.

Diet the DAY PRIOR TO your procedure:

You may have a light breakfast before 9 AM and then begin clear liquids. Absolutely NO solid foods after breakfast.

- A clear liquid diet supplies fluid and calories and reduces bowel residue.
- Clear liquids include: Clear chicken, turkey, beef or vegetable broth or bouillon, black coffee, tea, clear hard candy, Jell-O, apple juice, water, Crystal Light, Gatorade, soda, Italian water ice, popsicles or white grape juice.
- **Do NOT** eat/drink anything with red, blue or purple food dyes- red and purple look like blood during your colonoscopy.
- **Do NOT have milk or milk products- milk is NOT a clear liquid.**
- You may continue to have clear liquids after midnight up until 3 hours prior to your arrival time.
- **Do NOT** drink water during the 3 hours- this will cause a cancellation or delay to your procedure.
- Do not chew gum, suck on hard candy or smoke 3 hours prior to your procedure.
- ***Drinking any liquids, including water, within the 3 hours prior to your procedure may result in your procedure being cancelled.***

PREP INSTRUCTIONS

- Step 1
 - **The morning prior to your procedure**, prepare your solution. Fill the container to the fill line with lukewarm water and add flavor packet of your choice or you may use a powdered drink mix such as Crystal Light. Shake and refrigerate.
- Step 2
 - Take one Dulcolax (Bisacodyl 5 mg) tablet at **3:00 pm** with water or any clear liquid of your choice (the Bisacodyl tablet- you need to purchase this over-the-counter). **DO NOT CRUSH OR CHEW**. Do not take Bisacodyl within one hour of taking an antacid.
- Step 3
 - **The evening before your procedure, between 6-8 PM:**
 - **Drink four – 8 oz glasses** of the prepared solution as follows: 1 (8oz) glass every 10-15 minutes for a total of four – 8oz glasses. Drink the four glasses within an hour. Refrigerate the remaining solution over night.
- Step 4
 - **The morning of your procedure, 5 hours prior to arrival** (Start Time: _____)
 - **Drink another four- 8oz glasses** of the solution as above: 1 (8oz) glass every 10-15 minutes (four – 8 oz glasses).
 - Please complete four – 8oz glasses **3 hours** prior to your arrival time. (End Time: _____)
- Step 5
 - If you take heart, blood pressure, seizure medication or medication for the acid in your stomach please take at least 3 hours prior to your arrival time. Use your inhalers as usual and bring with you. All other medications should be held until after the procedure.