



## Halflytely

### Bowel Preparation for your Colonoscopy

**WHEN:** date: \_\_\_\_\_ time: \_\_\_\_\_ report: \_\_\_\_\_

**WHERE:** \_\_\_\_ Raleigh Endoscopy Center Cary \_\_\_\_ WakeMed Cary \_\_\_\_ Rex Hospital

**CHECK IN:** Register with business office or front desk, " same day outpatient dept."

**IF:** You have questions or change in physical condition, such as a cold, cough or the flu, call 919-854-2500.

**PURCHASE:** Halflytely RX from pharmacy, 8oz magnesium citrate- "over the counter"

**THREE/FIVE DAYS PRIOR TO PROCEDURE:** \_\_\_\_\_

1. Stop all aspirin products, blood thinners, vitamins & supplements. (Tylenol is ok)

**TWO DAYS PRIOR TO PROCEDURE:** \_\_\_\_\_

1. At 6:00pm take 8oz of magnesium citrate with 8oz of fluid.

**ONE DAY PRIOR TO PROCEDURE:** \_\_\_\_\_

1. If blood test is required have it done @ \_\_\_\_\_ before 10:00am.
2. You will be on clear liquids all day long. (Liquid diet on the back of this page).
3. You will need easy access to a bathroom.
4. Early in the morning mix your halflytely solution with warm water, mix well and refrigerate.
5. At 12:00pm take one (1) bisacodyl tablet with water. Do not chew or crush. Do not take the bisacodyl tablet within 1 hour of taking an antacid.
6. At 6pm start drinking the solution. Drink 8oz glass every 10-15 minutes (about 8 glasses). Drink each glass quickly rather than drinking small amounts continuously. Be sure to drink all of the solution. Drink at a pace that is comfortable. You may start going to the bathroom after only a couple of glasses. Be sure to drink "all" of the solution to insure a clean colon. It will take approximately 1 ½ to 2hrs to consume all the solution.
7. If you take insulin or other diabetic medications, you will take ½ your usual dose on \_\_\_\_\_ am and if you take a "pm" dose test glucose levels before taking it. Hold "am" dose on the morning of your procedure. You may resume your usual dose once you have restarted eating.

**THE DAY OF PROCEDURE:** \_\_\_\_\_

1. Nothing to eat or drink after midnight (12:00am), except you may take blood pressure and heart medications with a sip of water.
2. Arrive to the facility at reporting time.
3. A responsible adult must accompany you, and must be able of driving you home and caring for you for the rest of the day.
4. If a condition arises during or after the procedure that necessitates hospitalization, then you will be treated as an inpatient.

\*\*\*\* There will be a \$50.00 Fee to reschedule or cancel a procedure without 48 hrs notice.