

“HalfLyte” Colonoscopy Preparation for Morning Exam

Your colonoscopy is scheduled _____ at _____ AM with Dr. _____.
Your check-in time is _____AM (one hour prior to exam).

You must have someone available to drive you home after your colonoscopy. If you are planning to take a taxi home, then a friend or family member must accompany you. Plan on spending 1½ -2 hours at the facility.

IT IS VERY IMPORTANT FOR YOU TO CAREFULLY FOLLOW THESE INSTRUCTIONS. A COMPLETE COLONOSCOPY CANNOT BE PERFORMED ON AN UNCLEAN COLON!

SEVERAL DAYS BEFORE COLONOSCOPY

- Call our office for specific instructions if you take insulin or blood thinners such as Coumadin (Warfarin), Effient or Pradaxa.
- Obtain the prescribed **HalfLyte** from a pharmacy.
- Purchase a variety of clear liquid beverages. See page 2 for more information regarding clear liquids.
- You may also want to purchase petroleum jelly or another type of barrier ointment to apply to your anal area between frequent bowel movements.
- **AVOID** high fiber foods **3 days prior to your colonoscopy** (NO nuts, seeds, whole wheat bread, beans, corn, raw vegetables or fruits with skin).

DAY BEFORE THE COLONOSCOPY

1. You may take your regular medications, unless otherwise directed.
2. Do not eat any solid food today.
3. In the morning, prepare the HalfLyte according to the instructions on the package. Refrigerate.
4. Drink only clear liquids. See page 2 for more information regarding clear liquids. Drink as much as you can tolerate. This will prevent dehydration and improve the quality of the colon preparation by flushing the stool from the colon
5. **At 12 P.M. (noon)** take the Bisacodyl tablets (included in your HalfLyte kit).
6. **At 5 P.M.** begin drinking the HalfLyte: 8 ounces every 10-15 minutes until ¾ of the bottle is gone. Initially you may feel bloated, but will feel more comfortable as you start to have bowel movements. If you become nauseated, you may need to slow the pace at which you drink.
7. Refrigerate the remaining ¼ bottle of HalfLyte.

MORNING OF THE COLONOSCOPY

1. Four hours before your check-in time, finish drinking the HalfLyte solution. Take your morning medications, unless otherwise directed. No food until after the colonoscopy.
2. Continue only clear liquids until 4 hours before your procedure time. Do not have anything by mouth after this point, as your stomach must be completely empty at the time of the procedure.
3. You should now be passing liquid “stool” from your rectum. It should look clear yellow or green without any particles of solid matter. Please call our office for additional instructions if you are not.
4. Relax. Your colonoscopy will be over soon!

SEE NEXT PAGE

OTHER INFORMATION:

- You will receive 2-3 bills: facility fee, professional fee & possibly pathology fee (if polyps are removed or if biopsies are required).
- Check with your insurance company to find out what your out-of-pocket expenses may be.
- If you must cancel or reschedule your procedure, then you must give notice **1 full business day** in advance. Failure to do so will result in a \$100 cancellation fee.
- Please call (801) 263-3041 with questions.

CLEAR LIQUID DIET:

Water	Flavored drink mix (lemonade, lime, orange flavors only)
Chicken or beef broth	Frozen ice pops (no ice cream or sherbet)
Soft drinks/soda	Fruit juices without pulp
Hard candies	Jell-o (lemon, lime or orange only; no fruit or toppings)
Tea	Coffee without cream/milk

Don't drink or eat anything colored red or purple. Skip alcoholic beverages while you prep.

YOUR EXAM IS SCHEDULED AT ONE OF THE FOLLOWING LOCATIONS:

_____ **Wasatch Endoscopy Center.** 1220 East 3900 South, #1B (in the central medical building of St. Mark's Hospital). Call (801) 281-3657 Monday-Friday 9AM-4PM to pre-register 1-2 days prior to your appointment. On the day of your procedure, enter through the canopied "Emergency" entrance on the north side of the hospital. Wasatch Endoscopy Center is the first door on your left.

_____ **Intermountain LDS Hospital.** 8th Avenue and C Street, Salt Lake City.
Parking is available in the covered parking lot across the street from the hospital. Endoscopy is located on the first floor of the hospital. One to five days before your procedure at **LDS Hospital**, call (801) 314-4395 or toll-free (888) 269-8674 Monday-Friday 7AM-8PM or Saturday 8AM-5PM to pre-register. If you wish, you may complete the on-line assessment form prior to your procedure at: www.intermountainhealthcare.org/surgery.

_____ **St. Mark's Hospital Endoscopy.** 1200 East 3900 South. Call (801) 268-7341 Monday-Friday 9AM- 4PM to pre-register 1-2 days prior to your appointment. On the day of your procedure, check-in at the registration desk inside the main entrance of the hospital.

_____ **Intermountain Alta View Endoscopy.** North Specialty Center, 9450 S. 1300 East.
Please call 801-442-8600 Monday-Friday 7AM-8PM or Saturday 8AM-5PM to pre-register. If you wish, you may complete the on-line assessment form prior to your procedure at:
www.intermountainhealthcare.org/surgery.