

## HalfLytey Colon Prep

**Please read** the following instructions carefully (**front & back**). Follow these instructions and **not** the instructions on the prep box. If you do not complete the preparation as directed it could result in cancellation of your procedure

### ONE WEEK PRIOR TO PROCEDURE:

- Fill prescription from your Dr. for **HalfLytey**
- Purchase **Dulcolax** (bisacodyl tablets) 2 tablets (over the counter)
- Avoid seeds, nuts and vegetables for five (5) days prior to your prep
- If you are currently taking blood thinners (for irregular heartbeat, atrial fibrillation, heart disease, stents, stroke, mini-stroke, mechanical heart valves, blood clots in the legs or lungs, or other reason) you may need to stop them prior to your procedure. **Please contact the physician who prescribed the medication for instructions on how to stop them.**
- Please understand that even though a colonoscopy can be performed if these medications are not stopped, some polyps cannot be removed.
- If you are taking full dose aspirin (325mg), please contact your prescribing physician to see if this can be decreased to low dose aspirin (81mg). **Do not stop low dose Aspirin (81mg)** Polyps can be removed in the presence of this lower dosage.
- The following is not an all inclusive list.
  - ❖ Plavix (clopidogrel bisulfate)
  - ❖ Ticlid (ticlopidine hydrochloride)
  - ❖ Coumadin (warfarin sodium)
  - ❖ Pradaxa (dabigatran)
  - ❖ Xarelto (rivaroxaban)
  - ❖ Eliquis (apixaban)
  - ❖ Persantine (dipyridamole)
  - ❖ Effient (prasugrel)
  - ❖ Arixtra (fondaparinux)
  - ❖ Brilinta (ticagrelor)
  - ❖ Lixiana/Savaysa (edoxaban)
  - ❖ Lovenox (enoxaparin)
  - ❖ Fragmin (dalteparin)
  - ❖ Zontivity (vorapaxar)
  - ❖ Pletal (cilostazol)

### ONE DAY BEFORE PROCEDURE:

**Eat or Drink** only **clear** liquids for breakfast, lunch and dinner the day before your exam. Solid foods and milk products are **not** allowed. Clear liquids (not colored red or purple) include:

- Water
- Pop (diet & regular)
- Clear broth or bouillon
- Sport drinks (Propel, Gatorade)
- Apple juice
- White grape juice
- White cranberry juice
- Coffee or Tea (without milk or cream)
- Kool-aid
- Plain Jello
- Ice popsicles
- Clear hard candy (life savers, jolly ranchers)

**Instructions continued on back**

## **DAY OF PROCEDURE:**

- **Drink the remainder** of the solution in the **morning of your procedure** (1 Liter = 4.2 cups or approximately 32 oz.)
- Drink **Only prep solution** the morning of procedure- You should finish the last of the solution **No later than 6:00 AM.**
- If you are diabetic please check your blood sugar before coming in.
- **DO NOT EAT, DRINK or CHEW GUM** before your procedure or it may be cancelled or delayed.
- You **may take** all your medications with a sip of water blood sugar/diabetic medications.

### **What to bring with you:**

- Because you are receiving anesthesia, you cannot drive; you must be accompanied by an adult who must remain on the premises while you are having your procedure. Your procedure will be cancelled if you do not have a ride.
- A list of your current medications including the dosage and the times you take them, along with any drug allergies.
- Your driver's license and insurance cards.

**Turn Over**