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OUTPATIENT PROCEDURE INSTRUCTIONS: COLONOSCOPY

Facilities:

Jordan Valley Surgical and Specialty Center 801-561-8888

3584 West 9000 South, Main Floor, Suite 102

Salt Lake Endoscopy Center (in Medical Plaza Building) 801-355-2987

24 South 1100 East, Suite 103 (On the corner of South Temple and 1100 East)

PATIENT NAME: _____

EXAM DATE: _____ TENTATIVE TIME: _____

Facility will call on the day before your exam to confirm your appointment and give you an exact time for arrival

PLEASE READ INSTRUCTIONS CAREFULLY BEFORE YOUR COLONOSCOPY

Special Instructions:

- Take the Halflytely Colonoscopy prep according to the instruction sheet (on back). The more liquids you drink, the more effective your prep will be.
- **Bring someone to drive you home.**
- Check into Outpatient Registration *at least 1 hour prior* to your appointment. *Your procedure time may change as scheduling changes up to the day of your appointment.*
- **Do not take aspirin** or products that contain aspirin (like Motrin and Ibuprofen) for one week prior to the exam. Tylenol and acetaminophen are fine.
- Do not take Coumadin or other blood thinners for 3 days prior to your exam.
- Please allow one and a half hours for your procedure.
- Please fill out Patient Information sheets and give them to Dr. Buchi at the time of your procedure.

Individual responses to laxatives vary. The prep will start working within 30 minutes of ingestion and will cause multiple bowel movements. It may last as long as 3 hours, so remain within access of toilet facilities.

If you are diabetic: Try to stay within your recommended calories. You may take the following liquids: clear Jell-O, juice (apple, grape, cranberry), Kool-Aid, and regular (not diet) soda. Test your blood sugar every 3-4 hours. If your glucose falls below 120 mg, take your juice more frequently.

Insulin Dose: Take your usual amount of long-acting insulin (NPH, Lente, or UltraLente) as directed. **DO NOT TAKE short acting or regular insulin during the prep.**

Oral Glucose Pill: If you are following your recommended number of calories, take your diabetes pills as prescribed. **DO NOT TAKE any insulin or diabetes pills on the morning of the exam.**

NOTE: You will receive two bills: One from Dr. Buchi, and one from the facility. These are two separate charges. Please consult your insurance company if you have any questions regarding payment. Dr. Buchi has a financial interest in both Jordan Valley Hospital and the Salt Lake Endoscopy Center. If you prefer another physician or facility, please let us know.

HalfLyteLy Instructions for YOUR Procedure

Date: _____

Time: _____ a.m./ p.m.

NOTE: Before beginning the following steps, have your prescription for Halflytely ® filled.

THE DAY BEFORE THE PROCEDURE:

- In the morning prepare your Halflytely ® solution and refrigerate.
- Begin a clear liquid diet (**DO NOT EAT ANY SOLID FOODS**)
 - **Soups:** Clear bouillon, chicken broth, vegetable broth, beef broth, or consommé.
 - **Beverages:** Tea, coffee, Kool-Aid, carbonated beverages, Gatorade. You may add sugar to coffee and tea. (**no milk or dairy products**)
 - **Juices:** Cranberry, apple, grape, strained lemonade, limeade, and orange drink. Any juice that you can see through and has no pulp is acceptable.
 - **Dessert:** Italian ices, popsicles, Jell-O and hard candy.
 - Do not drink **RED** colored beverages or eat **RED** Jell-O. **No solid food** of any kind. You can continue with clear liquids until midnight-**Nothing by mouth after midnight.**
- At **12 NOON** begin taking the 2 time-released Bisacodyl tablets provided in the prep kit.
- At **6 PM** begin drinking Halflytely ® as instructed - **8 oz. every 10-15 minutes** until the bottle is empty (rapidly drinking a glassful is better than an ounce or two at a time.)
 - You will have consumed several glassfuls before having the first loose, watery bowel movement.
 - Initially, you may feel slightly bloated, but will become more comfortable as you continue to have bowel movements.

THE DAY OF THE PROCEDURE:

- You must be accompanied by a friend or relative to drive and / or assist you home.
- You may take regular medications unless instructed otherwise.