

PINEHURST MEDICAL CLINIC ENDOSCOPY CENTER

PHONE: 910-295-9364

Appointment Date: _____ Arrival Time: _____

Location: _____ Physician: _____

Colonoscopy Instructions (HalfLyte Prep)

CONFIRMATION OF APPOINTMENT:

1. You will receive an automated telephone reminder two weeks prior to the scheduled date of your procedure. During this phone call you will be able to confirm your appointment. If you do not receive this call you must call us at (910) 295-9364 to confirm your appointment.
2. You must confirm your appointment no later than 7 days prior to your procedure date. If you do not, your procedure will be cancelled.
3. If you confirm your appointment and then fail to arrive for your procedure and you have not given us at least 24 hours notice you will be charged \$100.00 for not keeping your procedure appointment.
4. Please review these instructions carefully and write down any questions you may have. It is very important that you begin to follow these instructions at least 10 days prior to your appointment to ensure that you understand it and are able to follow the directions. We may be reached at (910) 295-9364 if you have additional questions.

Please Note: Patients who are scheduled at the hospital will not receive a confirmation phone call from Pinehurst Medical Clinic.

A FEW DAYS BEFORE YOUR PROCEDURE:

1. You will receive a phone call from one of our nurses to discuss your procedure.
2. The nurse will ask if you have your prescription for the prep and the prep instructions.
3. If you have an artificial heart valve please inform the nurse at this time.

DRIVER:

You must have an adult who is at least 18 years old to drive you to the procedure appointment and drive you home. **The Driver must stay in the waiting area during the entire procedure. Patients cannot be dropped off and picked up later. Procedures will be delayed until the designated driver is in the waiting room.**

MEDICATION INSTRUCTIONS:

Stop taking the following medication:

- **Iron tablets:** Stop taking **seven (7) days before** your procedure. This does not include multivitamins.
- If you have a drug covered stent (Cypher or Taxus) in place in your heart arteries, **YOU SHOULD NOT STOP ASPIRIN OR PLAVIX WITHOUT CHECKING WITH YOUR CARDIOLOGIST OR YOUR PRIMARY CARE PHYSICIAN.**

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Ask your primary physician or your cardiologist if you can stop the following medications under our instructions:

1. **Plavix:** Stop taking **five (5) days before** your procedure.
2. **Coumadin:** Stop taking **three (3) days before** your procedure.

****Diabetic Patients: DO NOT TAKE diabetic medications (Pills or Insulin) the night before or the morning of your procedure.**

DIET INSTRUCTIONS:

Stop eating the following foods:

1. Fat Free Foods **ten (10) days before** your procedure especially foods that contain Olestra or Olean.
2. Fruits and Vegetables with seeds and skins such as tomatoes or grapes **three (3) days before** your procedure.
3. Roughage foods such as leafy green vegetables or salads **three (3) days before** your procedure.
4. All Beans, Corn, and Nuts **three (3) days before** your procedure.

You may eat MEAT, WHITE BREAD, PASTA, RICE, and POTATOES. Do not prepare foods with anything red or purple.

THE DAY BEFORE THE PROCEDURE:

Begin a clear liquid diet. This includes water or unsweetened liquids such as coffee, tea, broth, diet sodas, sugar-free jello, hard candy, or popsicles. **Do not drink any dairy products or use any creamers. Do not eat sherberts or fruit bars.** Avoid all clear liquids that are colored **red** or purple.



1. Prepare HalfLyte by picking one flavor pack tear open and pour in jug. Fill the jug with lukewarm water up to the "Fill Line" indicated on the jug. Shake well and place jug in the refrigerator.



2. At **12:00pm** take (2) Bisacodyl tablets with water. Do NOT chew or crush. Do not take the Bisacodyl tablets within 1 hour of taking an antacid.



3. At 6:00pm begin to drink the solution. Drink 1 (8 oz) glass every 10 - 20 minutes (about 8 glasses). Be sure to drink ALL of the solution. Drink at a pace that is comfortable. You may have clear liquids until midnight. Drinking through a straw is easier for many people. You may rinse your mouth with water or sips of unsweetened sugar free clear liquids between glasses of prep if you wish. If you feel bloated or are nauseated stop the prep momentarily. Your bowels will continue to empty. Resume drinking the prep at a slower rate—a glass every 20-30 minutes until you have finished the prep. Make sure you drink at least an additional liter of clear liquids during the day to ensure proper hydration.



4. Bowel movements usually begin 1-4 hours after the first glass of prep and continue after the last glass is finished. Be sure to drink ALL of the solution. It will take approximately 1 ½ -2 hours to consume the entire amount of solution. Do not drink anything after 12 midnight.

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Please note: If you have any problems or concerns while following these instructions please call our office at 910-295-9364 to speak with a nurse. If you have any an URGENT matter AFTER office hours you should call the hospital operator at 910-715-1000 and ask for the Pinehurst Medical Clinic GI Physician on call.

PROCEDURE DAY:

Do not eat or drink prior to your appointment or your procedure will either be delayed or cancelled.

You May Take the Following Medications with small sips of water only:

- Blood Pressure and Heart Medications not listed above.
- Asthma and Breathing Medications not listed above.
- Anti-seizure Medications
- Anti-Depressants.
- Thyroid Medications

IF YOUR PROCEDURE IS AT 2PM OR AFTER 2PM:

1. **You will need to take 2 Dulcolax tablets at 6AM. These are available over the counter and should be taken with a sip of water.**
2. You may have clear liquids no later than 8AM. This includes water, tea, black coffee, broth, juice, or soda. You may use artificial sweeteners. Sugar-free clear jello without fruit, hard candy and popsicles are allowed. (Nothing red or purple). Do not use any dairy products or creamers.
3. **Do not** eat or drink after 8am or your procedure will either be delayed or cancelled.

ADDITIONAL INSTRUCTIONS:

1. Bring a list of your medications with the dosages to your procedure appointment.
2. Wear comfortable clothes that are easy to get into and out of. You may want to wear or bring socks.
3. Your driver may want to bring snacks while they wait for you. We do not have snack machines in the waiting room.
4. **Do not** wear fingernail polish.
5. **Do not** wear necklaces, chains, bracelets, or earrings. You may wear your wedding band and a watch. If applicable, please remove nose and/or tongue piercings prior to your procedure.
6. Please leave all valuables at home.