



STARTING THE WEEK BEFORE THE PROCEDURE

1. You will need to purchase: Halflytely Bowel Prep Kit (a prescription will be written)
2. Due to the sedation you will receive, you will not be able to drive or to take public transportation following your procedure. You must bring a driver to take you home. If you do not have a driver, your procedure will be cancelled.
3. Starting **5 days** before your colonoscopy, do not take multivitamins, iron, vitamin E, oils (Omega-3, fish, etc.), herbal or fiber preparations (Metamucil, Fibercon, Citrucel). It is okay to take Tylenol or low dose aspirin (81mg). Please try to avoid Advil, Ibuprofen, Excedrin, Aleve, etc.
4. Starting **3 days** before the procedure, **NO** fresh or raw fruits and vegetables (cooked/canned okay); also **NO** seeds and nuts.
5. Take your usual medications the morning of your colonoscopy, except for the following:
 - **Diabetic:** Cut your normal dosage in 1/2 (Half), on the day before and the day of the procedure.
 - **Diuretics (water pills):** Do not take on the day before and the day of the procedure.
 - **Blood thinners:** Stop taking 7 days prior to the procedure, or as directed.

If you take nitroglycerin or asthma inhalers, please bring them with you to your colonoscopy appointment.

STARTING THE DAY BEFORE THE PROCEDURE:

1. **IN THE MORNING**, mix the contents of the Halflytely Bowel Prep Kit container with 1/2 gallon of water, add the flavor packet of your choice, and then refrigerate. **DO NOT DRINK IT YET!!**
2. **THAT SAME MORNING**, begin a clear liquid diet. No solid foods are allowed. Foods that are acceptable include broth, Jell-O, popsicles, sport drinks, soda, apple juice, white grape or white cranberry juice, plain coffee or tea. Foods that are not acceptable include milk, creams, dairy products or soy/nut-based dairy replacements, orange juice, foods and drinks with red or purple colors.
3. **AT NOON**, take one Bisacodyl tablet with water. Take a second tablet 15 minutes later.
4. **STARTING at 2pm**, begin drinking the Halflytely solution. Drink an 8 oz glass every 15-20 minutes until half of the mixture remains. Drinking through a straw often helps. You may feel chilled, crampy, bloated or nauseated due to the volume of liquid. This should improve when you start having bowel movements. If you feel really sick, stop drinking for an hour and let things move downstream.

If you are only having a colonoscopy at the Alberty Center or the Downtown Center:

- Approximately 5 hours prior to your appointment, drink the remaining mixture.
- Continue your clear liquid diet until 3 hours before your procedure. You can take medications with a sip of water, but nothing else.

If you are having an early morning colonoscopy, a procedure at the hospital OR if you are also having an upper endoscopy:

- On the day prior to the procedure, starting at 7pm, please drink the remaining mixture.
- Continue your clear liquid diet until midnight. You can take medications with a sip of water, but nothing else.

Your procedure is scheduled on _____.

Please arrive at _____.

Alberly Surgical Center

DT Day Surgery Center

St. Vincent's Hospital

Good Samaritan Hospital

Please note | *You will be charged for cancellations made within 2 business days of your appointment. If you have any questions, please give us a call. If 2 hours after finishing the Miralax mixture, you still have bowel movements that are not liquid/clear, please call and have a physician paged for further instructions.*

Downtown Office: 503-221-0161, ext. 2130/2330

Downtown Day Surgery: 503-221-0161, ext. 2196

Tigard Medical Office: 503-293-0161, ext. 4053

Alberly Surgical Center: 503-445-9066, ext. 4622

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