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COLONOSCOPY/HALFLYTELY PREP KIT

BEFORE PROCEDURE:

1. ***STOP ALL BLOOD THINNERS 3 DAYS PRIOR TO TEST, THIS INCLUDES CERTAIN SUPPLEMENTS. IF YOU HAVE ANY QUESTIONS AS TO WHAT IS ACCEPTABLE, CALL YOUR PHARMACIST OR THE OFFICE!!!! TYLENOL IS ALRIGHT TO TAKE.***
2. **PURCHASE FROM THE DRUGSTORE:**
 - A. **THE PRESCRIPTION FOR THE HALFLYTELY KIT**
(Kit contains pills & the drink mix you will need)

DAY BEFORE PROCEDURE:

1. ***YOU WILL BE ON CLEAR FLUIDS ALL DAY LONG - NO SOLID FOODS!***
(SEE ATTACHED LIST)
2. ***AT 12:00 NOON - TAKE THE (2) PILLS WITH WATER (Do not take the pills within one hour of taking an antacid).***
3. ***NEXT: MIX THE SOLUTION BY ADDING LUKEWARM WATER TO THE TOP OF THE LINE ON BOTTLE, COVER AND SHAKE WELL. Ok to put in refrigerator to get cold.***
4. ***WAIT FOR A BOWEL MOVEMENT TO OCCUR BEFORE DRINKING SOLUTION.***
Remember: PILLS-BOWEL MOVEMENT-DRINK THE DRINK!
(If no movement occurs after 3 hours, begin to drink the solution anyway.)
DO NOT TAKE PILLS & SOLUTION AT THE SAME TIME!!
5. ***DRINK (1) - 8 OZ. GLASS EVERY 10 MINUTES UNTIL THE ENTIRE MIXTURE IS CONSUMED. Using a straw will make it easier. Slow down if you feel too full or nauseous.***

*****IMPORTANT: NOTHING TO EAT OR DRINK AFTER MIDNIGHT DUE TO CHOKING HAZARD DURING PROCEDURE!***

APPOINTMENTS AFTER 1:30PM MAY HAVE CLEAR LIQUIDS UNTIL 9:00AM ONLY.

DAY OF PROCEDURE:

1. **DO NOT TAKE ANY MEDICATIONS THE MORNING OF THE TEST, UNLESS OTHERWISE INSTRUCTED BY DOCTOR (INHALERS MAY BE USED)**
2. **YOU MUST HAVE SOMEONE DRIVE YOU TO AND FROM THE TEST-**
A TAXI IS NOT ACCEPTABLE!!!!

If you have any questions or concerns, please call the office:

Cortlandt Manor: 914-734-8224

Carmel/Pawling: 845-278-1600

ACCEPTABLE CLEAR LIQUID DIET

The day before your procedure:

CHICKEN BROTH ONLY **-NO NOODLES!**

WON TON BROTH ONLY **-STRAINED!**

APPLE JUICE

GINGERALE

7-UP/SPRITE

WHITE GRAPE JUICE

WHITE CRANBERRY JUICE

ANY **DYE-FREE** FITNESS WATER

SELTZER-FLAVORED OK

COFFEE/TEA **WITHOUT MILK or CREAMERS!**

ICE POPS (**EXCEPT RED, PURPLE, OR BLUE COLORED**)

GATORADE (**EXCEPT RED, PURPLE, OR BLUE COLORED**)

JELLO (**EXCEPT RED, PURPLE, OR BLUE COLORED**)

WATER- FLAVORED OK

***OK TO MIX & MATCH- HAVE AS MUCH AS YOU WANT IF YOU'RE FEELING HUNGRY-**

MORE IS BETTER DON'T SKIMP!

ALSO OK TO HAVE BEFORE, DURING & AFTER PREP UNTIL MIDNIGHT**

****PATIENTS MAY HAVE CLEAR FLUIDS UNTIL 3-4 HOURS PRIOR TO PROCEDURES THEN NOTHING! ****