



Mountain West Gastroenterology

Colonoscopy Prep Instructions – HALFLYTELY

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7 DAYS PRIOR TO YOUR EXAM: Stop taking **Aspirin, Ginkgo Biloba, or Plavix**. Tylenol is ok to take. If you have a heart condition, had a recent heart attack or cardiac stent placement, then you should discuss this with your Cardiologist or Primary Care Physician prior to stopping any anti-clotting agents. If you are taking blood thinners such as Coumadin, then you should discuss with your Cardiologist or Primary Care Physician how to manage your blood thinners, and **IF** you should stop it before your procedure. However, if you have had a mechanical heart valve, history of deep clots in your leg, or a pulmonary embolism, then you may need Lovenox or Heparin up to the day of your procedure. If you have diabetes, please follow our attached guidelines. **STOP** eating high fiber foods, fiber supplements and discontinue any **iron** supplements 5 days prior to your examination.

3 DAYS PRIOR TO YOUR EXAM:

Stop taking all anti-inflammatory medicines such as Ibuprofen, Advil, Naproxen, or Aleve. You can take Tylenol for pain.

You will be given a prescription for 1 Halflytey Bowel Prep Kit.

NO FOOD THE DAY BEFORE YOUR PROCEDURE:

Drink only clear liquids for breakfast, lunch, and dinner. This means liquids you can see through such as Apple juice, water, Sprite, Jell-O, Coffee (No Creamer), tea, clear chicken or beef broth, clear Gatorade, clear Powerade, or Crystal Light.

NO more solid foods until after your procedure.

****NO milk or pulp products; do not drink anything with red, purple, or orange dyes. Drink as many liquids as you would like—keep yourself hydrated.**

Directions for taking Halflytey the day before your procedure

****IF YOUR PROCEDURE IS IN THE MORNING, BEFORE 12:00 NOON.**

- **At 12:00 noon, the day before your procedure,** take both bisacodyl tablets (included inside kit) with water. DO NOT CRUSH OR CHEW TABLETS. Do not take the bisacodyl tablets within 1 hour of taking an antacid. Mix the Halflytey solution by adding lukewarm drinking water to top of line on bottle. Cap the bottle and shake to dissolve the powder. The mixed solution will be clear and colorless. A flavor packet can be added to the solution to improve taste, or you may wait and use a bit of Crystal Light to flavor your individual glasses.
- **At 6:00 p.m.,** begin drinking the Halflytey solution. Drink ONE 8 oz. glass of Halflytey each 15 minutes or so until you have consumed the entire amount. Expect to have 8 or 9 glasses. **Be sure to finish the bottle!** You may sip the clear beverage of your choice in between glasses of Halflytey to break up the taste.
- **DO NOT DRINK ANYTHING AFTER MIDNIGHT!**

****IF YOUR PROCEDURE IS IN THE AFTERNOON, AFTER 12:00 P.M.**

- **At 5:00 pm, the day before your procedure,** take both bisacodyl tablets (included inside kit) with water. DO NOT CRUSH OR CHEW TABLETS. Do not take the bisacodyl tablets within 1 hour of taking an antacid. Mix the Halflytey solution by adding lukewarm drinking water to top of line on bottle. Cap the bottle and shake to

dissolve the powder. The mixed solution will be clear and colorless. Use within 48 hours. A flavor packet can be added to the solution to improve taste.

- At **7:00 pm** begin drinking the Halflytely solution 1 (8 oz) glass every 15 minutes (about 4 glasses). Drink each glass quickly rather than drinking small amounts continuously. A watery bowel movement should begin in approximately 1 hour. **DRINK HALF OF THE SOLUTION.**
- At **6 a.m. the day of your procedure**, drink the remaining liter of Halflytely solution. Drink 1 (8 oz) glass every 15 minutes (about 4 glasses). **Be sure to finish the bottle.** You will still have loose bowel movements for about 1 to 2 hours after you finish drinking the solution.
- **STOP ALL LIQUIDS 4 HOURS BEFORE YOUR SCHEDULED ARRIVAL TIME!!**
- **Be sure to closely follow these instructions to ensure a successful procedure.**

You may apply zinc oxide, Vaseline, or Aloe Wipes to the anal area to prevent irritation.

Please bring someone with you to drive your home, as you will be sedated for the exam. You may not drive for 12 hours following your exam. The doctor will talk to you after the exam and will give you recommendation for diet, medication, follow up care, etc. Wear comfortable clothing; bring your glasses, hearing aids, insurance card(s) and complete information form. We will expect payment of co-pays, co-insurance and deductibles at the time of service. If you insurance requires a referral, you should contact you primary care physician to arrange for us to receive the referral prior to the procedure. Additional information can be found at our website, www.mwgi.com

___ Colonoscopy ___ Flex Sig ___ EGD/Colon ___ EGD/Flex Sig

YOUR PROCEDURE IS SCHEDULED AT THE FOLLOWING TIME AND PLACE:

___ **Mountain West Endoscopy Center, 6360 South 3000 East, Ste 320, SLC, UT.** If not contacted by the day before your procedure, call 801-944-3166 to pre-register..

___ **Intermountain Medical Center, 5121 South Cottonwood Drive, Murray, UT.** Check in at the Eccles Outpatient Building, Level 2. Free Valet Parking Available.

___ **Davis Hospital & Medical Center, 1600 Antelope Drive, Layton, UT.** Use the ER Entrance. Telephone number 801-807-7034.

___ **Lakeview Hospital, 630 E. Medical Drive, Bountiful, UT.** South Entrance, Same Day Surgery Registration.

___ **LDS Hospital (Dr. Batista only) 8th Avenue & C Street, SLC, UT** Entrance West Wing of Hospital. Call the day before your procedure to pre-register 801-314-4395. Free Valet Parking Available.

___ **Riverton Hospital 3741 West 12600 South, Riverton, UT** Main entrance (Northeast corner). Sign in at the kiosk. Take a pager and admitting will come get you from the waiting area.

You may receive THREE separate bills for this procedure: 1-Physician, 2-Facility, 3-Pathology.

Questions - Call _____