

HalfLyately Instructions for Colonoscopy

Patient: _____ Date: _____ Admit time: _____

Procedure At: Lincoln Surgery Endoscopy Services
1730 S. 70th St, Suite 120, **Entrance D**
Lincoln, NE 68506

Phone 402-484-9050 / Fax 402-483-5653
Monday – Thursday 7:00 AM – 3:30 PM
Friday 7:00 AM – 2:00 PM

Preparing For Your Exam

Five days prior to your procedure:

- **STOP** your medications that have blood thinning effects. Examples: **Motrin, Ibuprofen, Aleve, Celebrex, and arthritis medications.** Tylenol and Aspirin are okay. (If you are on Coumadin, Plavix, Xarelto or any other anticoagulant/antiplatelet medication you must contact your Primary Care Physician for instructions.)
- **Diabetics:** If you are diabetic and take insulin, call your Primary Care Physician for instructions. Please check your blood sugar/glucose before leaving your home.

One day before your procedure:

- **NO FOOD all day!** Drink only CLEAR LIQUIDS (see below) starting when you wake up in the morning, throughout the entire day and up until 2 hours before your scheduled admit time. The more clear liquids you drink, the better the prep solution will work and the better you will feel. Below is a list of clear liquids that you may have. Please note that no red dye is allowed (no red Jell-O, red drinks, etc.). Please limit all dark beverages such as tea, soda, coffee, etc. to 2 cups daily.

Examples of Clear Liquids (NO RED DYE)

<u>Soda</u>	<u>Juice</u>	<u>Sports drinks</u>	<u>Other Options</u>	
All Sodas	Apple	Gatorade	Coffee/Tea (limit 2)	Water
Root Beer (limit 2)	Cranberry	Powerade	Crystal Light	Popsicle
Sprite/7UP	Grape	All Sport	Jell-O	
Coke/Pepsi (limit 2)	White Grape	Propel	Broth/Bouillon	

Day before your procedure at 5:00 PM:

- At 12:00 noon take both tablets with water.
- At 1:00 PM, mix together the solutions. Tear open one flavor pack of your choice and pour into the HalfLyately bottle. Discard unused packs and add drinking water to the top line on the bottle. Cap bottle and shake to dissolve the powder. The solution then may be refrigerated.
- Bowel movements usually occur within 1-6 hours. After a bowel movement occurs, begin to drink the solution. If no bowel movement after 6 hours, begin to drink the solution.
- Drink 1 glass every 10 minutes. It is better to drink each glass quickly (may use a straw). Be sure to drink only about half of the solution. This should take approximately 45 minutes.
- **Drink plenty of clear liquids thereafter.** Again, the more you drink, the better the prep works and the better you will feel.

***** If your prep is not working by 9:00 PM or if you are vomiting, please call physician at 402-441-5600*****

Day of your procedure:

- Take the other half of the solution/prep again at 5:00 AM if you have a morning procedure. Take prep at 8:00 AM if you have an afternoon procedure. Even if your prep results are already clear/yellow, you **WILL** still need to take the morning prep!!
- After completion of your second prep your stools should look clear/yellow (urine like) and you should be able to see through the liquid to the bottom of the toilet.
- **Continue to drink clear liquids until two hours prior to your scheduled admit time**, then nothing more to drink. You may:
 1. Take your morning heart, blood pressure or seizure medication with sips of water.
 2. Brush your teeth and gargle in the morning.
 3. Do **NOT** smoke, chew tobacco, chew gum or suck on hard candy!

Please show up for your procedure at the admit time written at the top of this sheet.

*****Due to the sedation, you MUST have a responsible person with you and they MUST stay in our facility or your test will be cancelled. Taxi or bus rides are not allowed unless accompanied by a responsible adult.*****

Please check our website www.lincolngi.com for more information and recommendations.