

NORTHERN VIRGINIA GASTROINTESTINAL ASSOCIATES, LTD

Instructions for Colonoscopy with Half-Lytely Split-dose Preparation:

Things to Purchase: One Half-Lytely Bowel Prep Kit at your local pharmacy. Your doctor will give you the prescription.

Do not take aspirin, ibuprofen, naproxen or anti-inflammatory products (Bufferin, Motrin, Aleve, etc) for one week prior and one week after the procedure. These products may cause bleeding. **You may take Tylenol** (Acetaminophen).

THE DAY BEFORE YOUR COLONOSCOPY:

1. **Upon waking you will begin a clear liquid diet.** This does not mean 24 hours before your procedure time. Do not eat any solid food. Follow a clear liquid diet carefully to ensure adequate preparation of the colon. A clear liquid diet includes ginger ale, sprite, water, Jell-O, Popsicles, apple juice, broth, tea, coffee without milk or cream. **Avoid anything red or purple.** Dairy products or fruit juices with pulp are not allowed. You may resume your normal diet after the procedure. Failure to follow these instructions may result in inadequate bowel preparation and cancellation of the colonoscopy.
2. **At 7:00 AM**, fill the Half-Lytely container with water to the indicated fill line and place in the refrigerator to chill. You may add one tube of Crystal Light powered lemonade to the solution to improve the taste.
3. **At 4:00 PM, the afternoon before your colonoscopy**, take the 1 Bisacodyl tablet included in the Half-Lytely Bowel Prep Kit with 8oz of clear liquid (you will want to be home now).
4. **At 7:00 PM**, begin drinking the Half-Lytely Solution. **Drink ONE-8oz glass** of solution every 10 minutes until **FOUR glasses** are finished. **Refrigerate the remainder of solution.** If you feel nauseated during the process, take a break until your stomach settles and restart. Before retiring for the evening, drink at least three 8oz glasses of clear liquids to help prevent dehydration.

THE DAY OF YOUR COLONOSCOPY:

1. **THREE** hours prior to leaving for your procedure appointment, **drink the remaining FOUR 8oz glasses solution.** Do not eat or drink anything more or your test will be cancelled or delayed.
2. You will receive medication for sedation during the procedure. **Please arrange for a family member or friend to drive you home after the colonoscopy. You may NOT call a cab for transportation.** Do not drive for 12 hours after the procedure. If you have any questions concerning the procedure, please call 703-876-0437.

Please report to the facility ONE HOUR before your scheduled time.

There is a **\$250.00 LATE CANCELLATION FEE** for procedures not cancelled at least **SEVEN (7) DAYS** prior to your procedure date. Your insurance will not cover this fee, you are responsible for payment. If you must cancel, do not call the facility where your procedure is scheduled **call our office at 703-876-0437.**