

# MID-FLORIDA GASTROENTEROLOGY GROUP, P.A.

## TWO DAYS BEFORE EXAM

FILL PRESCRIPTION FOR HALFLYTELY, IF THE PHARMACY DOES NOT HAVE IT, ASK THEM TO ORDER IT FOR PICK UP TOMORROW MORNING OR GO TO ANOTHER PHARMACY. YOU CAN PICK UP THIS PRESCRIPTION IN ADVANCE BUT DO NOT MIX THE HALFLYTELY WITH WATER UNTIL THE DAY YOU ARE TO DRINK IT. THIS WAY IN CASE THERE IS A CHANGE IN THE PROCEDURE DATE, YOU WILL STILL BE ABLE TO USE THE PRODUCT LATER.

## THE DAY BEFORE THE PROCEDURE

1. STAY ON CLEAR LIQUIDS ALL DAY. THESE INCLUDE: WATER, BROTH, TEA, COFFEE, JUICES(EXCEPT PRUNE, TOMATO, OR V-8 JUICES)SODAS, JELL-O (NO RED JELL-O), POPSICLES, YOU MAY SUCK ON HARD CANDY, NO DAIRY PRODUCTS BUT ENSURE AND BOOST ARE OK TO DRINK. NO RED, PURPLE LIQUIDS. NO GREEN JELL-O.
2. MIX THE HALFLYTELY JUG WITH WATER TO THE FILL LINE.
3. AT 12 OR 1 PM THE DAY BEFORE YOUR EXAM, TAKE THE TWO (2) BISACODYL TABLETS (INCLUDED IN KIT) WITH WATER. DO NOT CRUSH OR CHEW TABLETS.
4. AT 5 PM THE DAY BEFORE YOUR EXAM, DRINK AN 8 OZ. GLASS EVERY 10-15 MINUTES. GO EASY. YOU WILL HAVE MANY BOWEL MOVEMENTS AND YOU WILL NOTICE STOOLS WILL BE CLEAR. IT IS BETTER TOLERATED OVER ICE AND WITH A STRAW. YOU MAY ADD 1 FLAVOR PACK OF CHOICE TO THE JUG OF HALFLYTELY TO IMPROVE THE TASTE. IF YOU HAVE ANY NAUSEA, STOP DRINKING FOR ABOUT 1 HOUR AND THEN BEGIN AT A SLOWER RATE. IT IS IMPORTANT THAT YOU DRINK THE WHOLE HALF GALLON IN ORDER FOR YOUR COLON TO BE CLEAN. DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.
5. YOU CAN CONTINUE THE CLEAR LIQUID DIET UNTIL MIDNIGHT, BUT NOTHING AFTER MIDNIGHT.
6. WEAR COMFORTABLE 2 PIECE OUTFITS, AS YOU MAY HAVE SOME ABDOMINAL BLOATING AFTERWARDS.
7. YOU MAKE TAKE ANY HEART AND BLOOD PRESSURE MEDICINE WITH A SMALL SIP OF WATER THE MORNING OF THE PROCEDURE. HOLD ALL OTHER MEDICATIONS, UNLESS SPECIFICALLY ORDERED BY US.
8. YOU WILL BE GIVEN SEDATION AND STATE LAW REQUIRES THAT YOU BRING SOMEONE TO DRIVE YOU HOME. THE PROCEDURE WILL NOT BE DONE IF YOU DO NOT HAVE A RIDE HOME. **NO EXCEPTIONS!!**
9. PLEASE LET THE OFFICE KNOW IF YOU HAVE TO TAKE ANTIBIOTICS BEFORE PROCEDURES, OR IF YOU TAKE BLOOD THINNERS OR ARE A DIABETIC. SPECIAL ARRANGEMENTS AND/OR BLOOD WORK MAY NEED TO ORDERED.
10. SHOULD YOU DECIDE NOT TO FOLLOW THE ABOVE DIRECTIONS FULLY, THE PROCEDURE WILL **NOT** BE ABLE TO BE COMPLETED. BE PREPARED TO BE AT THE SURGICAL CENTER FOR APPROX. 2-3 HOURS.

**\*\*\*HOLD ALL IRON, PLAVIX, IBPROFEN, MOTRIN, ALEVE, COUMADIN, CELEBREX, NAPROXEN, AND ASPIRIN FOR 5 DAYS BEFORE THE TEST\*\*\***

**AFTER THE EXAM:** YOU WILL NOT BE ALLOWED TO DRIVE AFTER THE PROCEDURE. YOU WILL BE DROWSY SEVERAL HOURS AFTERWARDS. OUR OFFICE WILL CALL YOU WITH A FOLLOW-UP VISIT AS NEEDED A FEW DAYS AFTER THE TEST. IF A BIOPSY WAS TAKEN, IT CAN TAKE UP TO A WEEK BEFORE WE RECEIVE THOSE RESULTS, ONCE WE DO, WE WILL CONTACT YOU. THIS FOLLOW-UP VISIT IS SEPARATE FROM THE PROCEDURE AND IF YOUR INSURANCE REQUIRES A CO-PAY IT WILL BE DUE THE DAY OF THE VISIT.

**MID-FLORIDA GASTROENTEROLOGY CONTACT NUMBER: 407-321-4570 OR 386-789-5400.**