

Getting Ready for your Colonoscopy

Please read today!

Patient: _____

Dr. _____

Test Date: ____/____/____

Arrival Time: _____ am/pm

Procedure Time: _____ am/pm

____ Michiana Endoscopy Center
53830 Generations Drive____ St. Joseph's Medical Center
Main Entrance Registration____ Memorial Hospital
Patient Registration – Main Entrance

If you need to cancel or reschedule your test please call the office at 574-234-0049.

Do this 7 days before your procedure:

- Stop iron medication and iron supplements.

Do these things 4 days before your test:

- Arrange to have someone drive you home. You will receive medicine to keep you relaxed during your procedure, so you cannot drive home or take a cab home alone.
- Stop taking aspirin. It is okay to take Tylenol (Acetaminophen).
- If you take Coumadin, check with the doctor who ordered it to see if you can stop taking it for the 4 days before the test.
- If you take insulin call the doctor who ordered it for any adjustments you need to make the day of prep and the test day. We do not want your blood sugar to be too low.

Do these things 1 day before your test (Prep Day):

- DO NOT EAT ANY SOLID FOOD TODAY**
 - You may only have clear liquids all day and night. Clear liquids are: tea or coffee (no milk), popsicles and jello (no red or purple), broth, apple juice, white cranberry juice, 7 up, ginger ale, Gatorade and water.
 - Do not drink alcohol.
 - Start drinking your prep according to your doctor's instructions, which are located on the back of this page.
 - Note: Some people say taking sips of broth or sucking on a lime in between glasses of prep help to clear the taste.
 - If you feel too full, drink the prep every 30 minutes.
 - Keep drinking clear liquids for the rest of the day. This will help the prep work better for you.
- DO NOT EAT ANY SOLID FOOD**
- The prep you are drinking will make you go to the bathroom many times. This is needed so your colon will be cleaned out for the procedure.
 - You may use Vaseline, any diaper rash cream or baby wipes, etc...on your bottom. This will help it not get so sore.

Do these things on the day of your test:

- You may continue drinking clear liquids, but stop drinking 2 hours before your test.
- Take your usual morning pills except for Coumadin and Aspirin.
- DO NOT** take your diabetic pill(s).
- If you usually check your blood sugar, check it this morning.
- Bring the person who is driving you home with you to the Endoscopy Center.
- Your arrival time to your discharge time is about 2 ½ hours.
- Bring insurance card, photo id and all medications to your appointment.

OVER ➔

Day Before Examination
Follow printed instructions on this sheet not the colon prep packaging

1. **Do not eat any solid food today.** It is important to drink at least eight (8) glasses of clear liquids throughout the day.
2. **Mix the solution:** Add drinking water to top line on bottle (bottled water will taste better than tap). Cap the bottle and shake to dissolve powder. The mixed solution will be clear and colorless. Use within 48 hours. Do not add anything else, such as flavoring, to the solution. **Note:** the only flavoring that should be used is included in the HalfLyte Prep Kit. Refrigerate until you drink the solution.
3. **4:00 PM** take 2 Bisacodyl tablets with water. Do not chew or crush the tablets. Do not take the Bisacodyl tablets within 1 hour of taking an antacid.
4. **8:00 PM** begin drinking the HalfLyte Prep. Drink 1(8 oz) glass every 15 minutes (about 4 glasses should be consumed by 9:00). Drink each glass quickly rather than small amounts continuously. Refrigerate the remaining prep for use day of examination. A watery bowel movement should begin in approximately 1 hour.
5. If you awaken during the night with brown or solid stool drink more clear liquids. Tell the nurse at the endoscopy center if you are still having brown or solid stool upon arrival.

Day of Examination

1. At _____ **am**, drink the remaining 1 liter (about 4 glasses) of solution. Be sure to finish all of the solution.
2. Drinking clear liquids is encouraged to prevent dehydration, but stop drinking 2 hours before your test.

Phone Numbers if there are questions:

Michiana Gastroenterology, Inc.
Hours of operation

(574) 234-0049

Monday, Tuesday and Thursday 8:00am – 5:00pm

Wednesday & Friday 8:00am – 1:30pm

Michiana Endoscopy Center
Hours of operation

(574) 271-0893 or 1-866-669-8743 (toll free)

Monday – Thursday 5:45am – 5:00 pm

Friday 5:45am – 4:00pm

St. Joseph Regional Medical Center
Memorial Hospital

(574) 237-7736

8am – 4pm

(574) 647-6700

8am – 4pm

If you have any problems finishing the prep call the office at 574-234-0049.

IN CASE OF AN EMERGENCY, GO TO THE HOSPITAL EMERGENCY ROOM!