

PATIENT TO DO LIST

Shopping:

- A prescription for HalfLyte provided to you to fill at your local pharmacy
- One bottle Magnesium Citrate (10 oz.) if needed

Labs:

Please have any ordered bloodwork drawn the morning before your test. Arrive two hours before your appointment. Report to the GI Lab to have your blood drawn.

_____ You were given a requisition for your bloodwork.

_____ You do not need bloodwork at this time.

NOTE: Female patients will be required to provide a urine specimen when you arrive to the hospital/facility.

POST-PROCEDURE CARE

Results & Follow Up

- Please go home and rest for the remainder of the day. Do not drive or work for the rest of the day.
- Your physician will discuss test results with you and your family member following the procedure.
- You will be given written instructions for diet, activity, and follow up instructions.
- If biopsies were taken, you will receive results via phone call or mail in about two weeks.

Please call a minimum of three business days in advance if you need to cancel your appointment.



NORTHWEST ALLIED GASTROENTEROLOGY

Mark Lin, M.D.

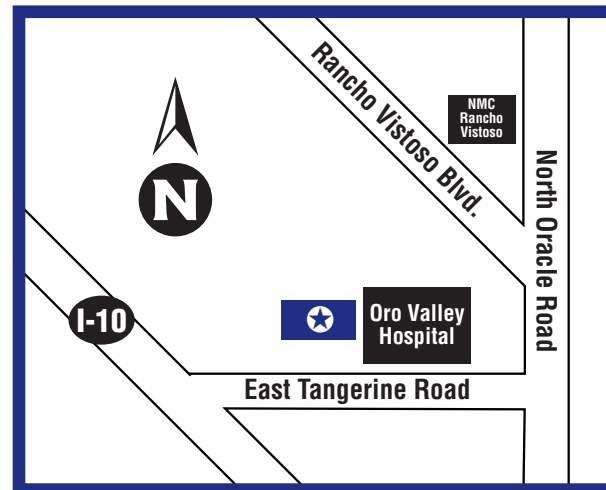
Board-Certified Gastroenterologist

1521 East Tangerine Road, Suite 131

Oro Valley, AZ 85755

Phone: 520-901-6336

Fax: 520- 901-6337



ORO VALLEY

** Map not to scale*



NORTHWEST ALLIED GASTROENTEROLOGY

Halflytely Split Dose Preparation

Colonoscopy

The purpose of this procedure is to directly visualize the mucosal lining of the colon in order to inspect for disease. The primary risk of colonoscopy is the remote possibility of perforation.

Immediately prior to the passage of the instrument you may be given intravenous medications such as Fentanyl, Versed, or Propofol. If you are allergic to any of these medications, latex or eggs, please be certain you have notified the scheduler.

Medications

Do not take the following medications seven days prior to your procedure: garlic supplements, ginko biloba, glucosamine, iron supplements or multi-vitamins containing iron. Avoid seeds, nuts and popcorn seven days prior to your procedure.

If you are taking blood thinners (Aggrenox, Plavix, Lovenox, Ticlid, Coumadin, Trental, Persantine, Heparin, or Fragmin) please be certain you have notified the scheduler.

EXAMINATION PREPARATION

Day Before Examination

1. Clear liquid diet starting with breakfast. **NO SOLID FOOD.** Drink 8 oz. clear liquids hourly throughout the entire day.
2. **Diabetics:** Use ½ of your usual insulin dose. Do not take your diabetic pills today.
3. Take all other medications as usual, but not within two hours of the HalfLytely.

Day Before Examination (continued)

4. At 1 p.m. mix the HalfLytely solution by adding lukewarm water to the top line on the bottle and shake to mix. Set solution aside to dissolve until 5 p.m.
5. At 5 p.m. drink half of the HalfLytely solution: one glass (8 oz.) every 10 minutes (about four glasses). Drink each glass quickly, rather than small amounts continuously. If you experience severe discomfort or bloating, stop drinking the solution for awhile, or wait longer between drinking each glass until the discomfort subsides. Be sure to drink **all four glasses of the solution.** Diarrhea usually begins 1 – 1.5 hours after beginning the solution.
6. You may continue drinking clear liquids until midnight. Avoid drinking large amounts of water during or after taking HalfLytely.

Day of Examination

1. Six hours prior the procedure, drink the other ½ of the HalfLytely solution- 8 oz. every 10 minutes (four glasses). **You must finish the entire solution within one hour then nothing by mouth to eat or drink. No gum, mints, or Ensure. Drinking any further liquids may postpone or result in the cancellation of your procedure.**
2. Please take your heart, blood pressure, seizure, or respiratory medications at 6 a.m. with a small sip of water. You may use your inhalers.
3. **Diabetics:** Please check your blood sugar and take this information with you to the hospital/facility. **Do not** take your insulin or diabetic pills this morning. Bring all of your insulin with you to the procedure.

Driving Instructions

- You must have an adult 18 years or older remain with you during the procedure and drive you home afterward. Your procedure will be cancelled if you fail to meet these requirements.
- You may not resume driving or operate any heavy machinery for the remainder of the day.

What does a “Clear Liquid Diet” Mean?

- Coffee without creamer, tea, or cola
- Apple, white grape, or white cranberry juice
- Up to three cans or bottles of lactose-free vanilla or butterpecan Ensure. Diabetics may use Glucerna instead of Ensure.
- Plain Jello (no red colors)
- Clear soups and/or broth (strain off all vegetables and/or noodles)
- Popsicles (no red colors)
- Powerade (lemon-lime flavor), Propel any flavor, or any artificially sweetened powdered drinks (Kool-Aid, Tang, Crystal Light – no red or purple colors)
- Sorbet that does not contain milk or chunks of fruit
- **No** milk or milk byproducts (cheese, yogurt)
- **No** grapefruit, tomato, V-8, or orange juice
- **No** alcohol