

# **MGI Michiana Gastroenterology Inc.**

**Telephone: (574) 234-0049**

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[www.michianagastro.com](http://www.michianagastro.com)

## **Colonoscopy Instructions with HalfLyte<sup>®</sup> Prep**

***\*\*Please be aware, there could be multiple separate charges for this procedure. One charge for the Facility and one for the Doctor. Possible charges for anesthesia and pathology.\*\****

Patient: \_\_\_\_\_ Dr. \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Arrival Time: \_\_\_\_\_ am/pm Procedure Time: \_\_\_\_\_ am/pm

\_\_\_\_ Michiana Endoscopy Center  
53830 Generations Drive  
South Bend, IN 46635

\_\_\_\_ Plymouth-SJRM  
Register at Surgery Ctr.  
Building 5

\_\_\_\_ Memorial Hospital  
Main Entrance  
Patient Registration

\_\_\_\_ Mishawaka - SJRM  
Main Entrance  
Patient Registration

\_\_\_\_ LaPorte Surgical Center  
900 I Street  
LaPorte, IN 46350

### **Do these things 7 days before your procedure:**

- ☒ Stop iron medication and iron supplements.
- ☒ If you take Effient, check with the doctor who ordered it to see if you can stop taking it 7 days prior to the procedure.

### **Do these things 4 days before your procedure:**

- ☒ 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 or any other blood thinner other than Plavix, check with the doctor who ordered it to see if you can stop taking it for the 4 days before the procedure.
- ☒ If you take insulin call the doctor who ordered it for any adjustments you need to make the day of prep and the procedure day. We do not want your blood sugar to be too low.

### **Do these things 1 day before your procedure (Prep Day):**

- ☒ **DO NOT EAT ANY SOLID FOOD TODAY**
- ☒ You may only have clear liquids all day and night. **NO RED OR PURPLE.** Clear liquids are: tea or coffee (no milk or creamer), broth, apple juice, white cranberry juice, 7 up, ginger ale and water. You may also have Gatorade, popsicles and Jell-O, just remember no red or purple.
- ☒ 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.
- ☒ 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 procedure:**

- ☒ **DO NOT EAT ANY SOLID FOOD**
- ☒ You may continue drinking clear liquids, but **stop drinking 3 hours before your procedure.**
- ☒ 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 Procedure**  
**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 1 Bisacodyl tablet with water. Do not chew or crush the tablet. Do not take the Bisacodyl tablet within 1 hour of taking an antacid.
4. **6:00 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 procedure.
5. The prep could take effect within 20 minutes, so stay close to the bathroom.

**Day of Procedure**

1. If you awaken with solid stool, please call (574) 271-0893.
2. **DO NOT EAT ANY SOLID FOOD until after your procedure.**
3. At \_\_\_\_\_am, drink the remaining 1 liter (about 4 glasses) of solution. Be sure to finish all of the solution. Drinking clear liquids is encouraged to prevent dehydration
4. **DO NOT DRINK 3 HOURS BEFORE YOUR PROCEDURE!!**

**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**

**(574) 335-5000                      8am – 4pm**

**Memorial Hospital**

**(574) 647-6700                      8am – 4pm**

**LaPorte Surgical Center**

**(219) 324-1670**

**If you need to cancel, reschedule or have questions regarding the prep, please call the office at 574-234-0049.**

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