

day of procedure

The morning of the procedure, do not eat, drink or smoke. High blood pressure and heart medications may be taken with a sip of water.

Please avoid make-up and nail polish the day of the procedure. Do not use perfumes or colognes.

the good news

After all this, your first regular meal should taste great!

where to go

- Ocean State Endoscopy
148 West River St., Suite 3
Providence, RI
- Miriam Hospital (Admitting)
164 Summit Avenue
Providence, RI
- St. Joseph's Fatima
200 High Service Avenue
North Providence, RI
(Fatima will send you instructions.)
- RI Hospital (Parking Lot-A)
593 Eddy St., Providence, RI
9-B Main Building
- Blackstone Valley Surgical Center
1526 Atwood Ave., Johnston, RI
3rd Floor

Date:

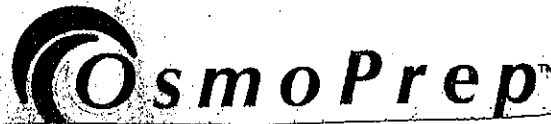
***Time:**

Please call us if you have questions.

*Please Note: Appointment time may change due to scheduling.

Colonoscopy

Preparation Instructions



Consultants in Gastroenterology

148 West River Street, Suite 3
Providence, Rhode Island 02904

☎ 401-421-6306

Fax: 401-453-0330

about this procedure

A flexible instrument will be passed through the rectum and into the colon. This lets us look at the lining of the colon. We can take a small sample of the tissue for further study. This is called a biopsy. If there is a small growth (polyp), it may be removed. Photographs may be taken.

After your clear liquid diet and laxatives, your digestive tract should be clean and empty.

You will receive medication to make you comfortable. You are not completely asleep; it is called "conscious sedation". **You must bring someone who will drive you home after your procedure. You will be here approximately two hours. You will not be able to drive the entire day of the procedure.**

getting ready

Do not take **aspirin**, "**aspirin-like**" products i.e. motrin, advil or other medication with aspirin in it, for 7 days before your procedure. You may use Tylenol.

Do not take vitamins with **iron** or iron supplements for 7 days before your procedure. Do take all other regular medication. Please call the office if you are uncertain about any medications.

Notify the office one (1) week prior to procedure if:

- you are on **Coumadin** or **blood thinners**;
- you have an artificial heart valve, or
- you are a **diabetic** and take **insulin** or other diabetic medications.
- if you have **asthma** and use an inhaler please bring it with you.

NOTE: Please avoid roughage 3 days before procedure (i.e., corn, seeds, nuts, popcorn, tomatoes, cucumbers with seeds.)

If your insurance has changed, you must notify the office. Failure to do so, in some instances, may lead to non-coverage by your insurance.

day before procedure

Begin a clear liquid diet in the morning. Eat no more solids until after your procedure. Push clear liquids, drink a lot.

NO DIET DRINKS; DO NOT DRINK ANYTHING THAT IS RED, PURPLE OR ORANGE

- Clear liquids include strained fruit juices without pulp (apple, white grape, white cranberry, lemonade).
- Any flavor of clear, colored liquids which include Gatorade, Kool-Aid (fruit flavored drinks).
- Water.
- Coffee or tea (without milk or non-dairy creamer).

MUST →

Drink 3 cups of clear broth or bouillon by 12:00 noon.

- Carbonated and non-carbonated soft drinks.
- Plain jello (without added fruits or toppings)
- Ice popsicles.

LAXATIVE PREP

Purchase 28 Osmoprep tablets at the Pharmacy. (Prescription included).

FOR EACH OF THE 7 DOSES:

Take 4 tablets with 8oz of a clear liquid. (ginger ale, lemonade, apple juice)

TAKE AT TIMES INDICATED:

4:00PM, 4:15PM, 4:30PM, 4:45PM, 5:00PM
7:00PM, 7:15PM

Continue to drink all evening until bedtime. The more you drink the better you will feel.

Do not eat, drink or smoke anything after Midnight the night before your procedure.

Your procedure will be performed by Doctor _____

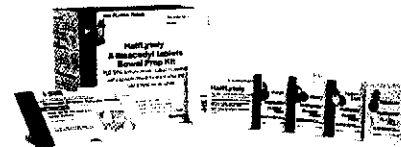
Address: _____

Date of procedure: _____ Arrive at: _____ AM/PM

Comments: _____

HalfLyte[®] & Bisacodyl tablets Bowel Prep Kit

PEG-3350, sodium chloride, sodium bicarbonate
and potassium chloride for oral solution and
bisacodyl delayed-release tablets



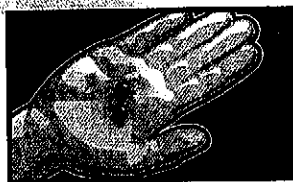
On the day before your procedure:

DO NOT eat food or drink milk.

Drink clear liquids only. Any of the liquids below are okay, as long as they are not colored RED or PURPLE:

- Strained fruit juices without pulp (apple, white grape, lemonade)
- Water
- Clear broth or bouillon
- Coffee or tea (without milk or nondairy creamer)
- Gatorade[®]
- Fizzy or nonfizzy soft drinks
- Plain Jell-O[®] (without added fruits or toppings)
- Iced Popsicle[®] (blue, green, yellow, orange, or pink are okay)
- Kool-Aid[®] (or other fruit-flavored drinks)

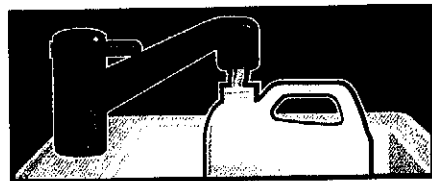
You must complete all the steps below:



_____ AM/PM

STEP 1. TAKE BOTH TABLETS

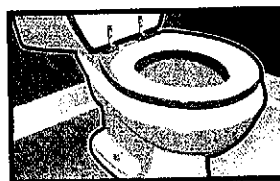
- Take both bisacodyl tablets with water.
- Do NOT chew or crush.
- Do not take the bisacodyl tablets within 1 hour of taking an antacid.



_____ AM/PM

STEP 2. MIX SOLUTION

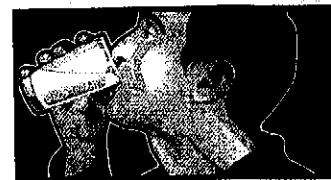
- If you are taking...
 - HalfLyte Lemon-Lime:* Open bottle.
 - HalfLyte with Flavor Packs:* Tear open 1 flavor pack of choice and pour into HalfLyte bottle. Discard unused packs. Solution can be used with or without Flavor Packs.
- Add drinking water to top of line on bottle.
- Cap bottle and shake to dissolve the powder.*
- The reconstituted solution will be clear and colorless. Use within 48 hours. No additional ingredients (other than flavor packs provided) should be added to the solution.



_____ AM/PM

STEP 3. WAIT FOR A BOWEL MOVEMENT

- After a bowel movement occurs (usually in 1 to 6 hours), begin to drink the solution.
- Even if a bowel movement does not occur within 6 hours, begin to drink the solution.



After a bowel movement

STEP 4. DRINK ALL THE SOLUTION

- Drink 1 (8 oz) glass every 10 minutes (about 8 glasses). It's better to drink each glass quickly, instead of taking many small sips.
- Be sure to drink ALL of the solution. This should take about 1½ hours.

Note:

- HalfLyte and Bisacodyl Tablets Bowel Prep Kit is indicated for bowel cleansing before a colonoscopy in adults.
- If you have severe ulcerative colitis or take medicine such as a diuretic, consult your physician before using this product.
- Abdominal bloating or distention may occur before the first bowel movement. If your abdominal distention or discomfort continues stop drinking the HalfLyte solution temporarily or drink each portion at longer intervals until your symptoms disappear.
- Do not take any other medicines within 1 hour of starting to drink the solution.
- Do not drink large quantities of clear liquids after taking the HalfLyte solution until your colonoscopy.
- If you have any questions about this medicine, consult your physician.

*The reconstituted solution may be refrigerated.

Here are samples of a typical day before your procedure:

	STARTING AT 12:00 NOON	STARTING AT 2:00 PM	STARTING AT 4:00 PM
TAKE 2 TABLETS	12:00 NOON	2:00 PM	4:00 PM
MIX SOLUTION	1:00 PM	3:00 PM	5:00 PM
WAIT FOR A BOWEL MOVEMENT	1:00 PM to 6:00 PM	3:00 PM to 8:00 PM	5:00 PM to 10:00 PM
AFTER A BOWEL MOVEMENT	DRINK ALL OF THE SOLUTION	DRINK ALL OF THE SOLUTION	DRINK ALL OF THE SOLUTION

To learn more about this product, please call 1-800-874-6756 or visit our Web site at www.HalfLyte.com

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