

**COLONOSCOPY PREPARATION WITH HALFLYTELY**

The following are the instructions that you will need to follow prior to your colonoscopy. Please try to follow them as closely as possible to ensure a successful procedure. It is possible that you may feel abdominal cramping, rectal discomfort, some rectal bleeding, tiredness, and headaches during the preparation. Should any of these symptoms be significant or you have concerns about them, please do not hesitate to contact us at 713-795-4444. **Failure to take this preparation as indicated below may result in a poorly cleansed colon and possible cancellation of the procedure.**

**You will be given:** Prescription for HalfLytely and Bisacodyl tablets Bowel Prep Kit.



- At least **5** days ahead, stop Aspirin, Advil, Aleve, Celebrex Ibuprofen, Lovinox, Motrin, any iron pills or medications that contain iron. You may take Tylenol if it is necessary.
- At least **3** days ahead, stop Plavix and Coumadin.
- Let us know if you are taking blood thinners.

**ONE DAY before your procedure:**

1. Start on a **CLEAR** liquid diet and continue clear liquids throughout the day. **Solid foods, milk, or milk product are NOT allowed!!!**

\* **Clear Liquids include:** Water, Jell-O (not the red or purple kind), apple juice, white grape juice, clear broth, soda (any, but **NO** cream sodas), bouillon, coffee without cream (sugar is OK), tea, popsicles, **NO** alcohol!!

2. Starting drinking HalfLytely solution at approximately 4:00p.m. (8 ounces every 10-15 minutes until finished.)  
**\*\* Please follow this instruction and do not follow the instruction on the box!!**
3. Once you have finished drinking the entire HalfLytely, then take 2 bisacodyl tablets.
4. No alcohol is allowed.
5. **Nothing to eat or drink after midnight the day of your procedure.**

**THE DAY of your procedure:**

- If your procedure is scheduled at 1:00pm or later, nothing by mouth after 6:30a.m. on the day of the procedure.
- If you normally take medications in the morning, take them on the day of the procedure with a small sip of water.
- Insulin should not be taken on the morning of your procedure.
- Please remember to bring a responsible adult to accompany you home after the procedure. You will **NOT** be allowed to drive as you will be sedated for the procedure.
- Please bring your current insurance card(s) and any papers your doctor has given you, such as laboratory test reports and radiological reports.

**Results:** The medical assistant will notify you in the mail regarding your biopsy result (if taken) within 10 business days.

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*Dr. Rajjman's medical assistant:*  
*Dr. Escalante's medical assistant:*  
*Procedure Scheduler:*

*Natalia: (713)795-4444 \* 103*  
*Daicy: (713) 795-4444 \*110*  
*Kimberly: (713)795-4444 \* 104*

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If you would like to send us email, please request your web account by visiting: [www.dahpa.com](http://www.dahpa.com), go to Welcome Package tab and click my medical portfolio to request web account ID and PW.

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**We appreciate your efforts in helping us to help you.**  
**All of us at Digestive Associates of Houston, P.A. thank you and wish you well.**