

**LOS ANGELES**  
**COLON AND RECTAL SURGICAL ASSOCIATES**

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**HALFLYTELY INSTRUCTIONS**

NAME: \_\_\_\_\_

PROCEDURE DATE: \_\_\_\_\_

HOSPITAL OR SURGICAL CENTER \_\_\_\_\_

**BEGIN CLEAR LIQUIDS AT 8:00 A.M. ON THE DAY PRIOR TO PROCEDURE**

**PROCEDURE TIME: YOU WILL BE NOTIFIED BY PHONE THE DAY PRIOR TO YOUR PROCEDURE, OF YOUR PROCEDURE TIME.**

ARRIVAL TIME: \_\_\_\_\_ HOUR(S) **PRIOR TO PROCEDURE TIME**

\*\*\*Important note: You may be asked to pay for anesthesia services at the time of check-in. Please call the surgical center or hospital for more information.\*\*

1. Pick up MoviPrep Bowel Prep Kit at any pharmacy. You may purchase Crystal Light powder to use as a flavoring or you may use a non-carbonated, clear liquid drink to mix with the powder. No red orange or dark liquids may be used.

2. **Discontinue all aspirin-containing medicines, nonsteroidal anti-inflammatory medicines one week prior to your procedure (SEE BELOW FOR CAUTION).** (Examples include Advil, Aleve, Celebrex, Vioxx, Bextra, Motrin, Ibuprofen, and Naprosyn.) You may use only Tylenol. If you are unsure about any particular medication, ask your physician and refer to our website: [www.lacolon.com](http://www.lacolon.com). Discontinue vitamin E, Ginkgo Biloba, and St. John's Wort seven days prior to your procedure.

**CAUTION: IF YOU TAKE ASPIRIN, COUMADIN, PLAVIX, OR OTHER BLOOD THINNERS AS PRESCRIBED BY YOUR PHYSICIAN FOR ANY MEDICAL REASONS, YOU MUST CONTACT YOUR DOCTOR PRIOR TO STOPPING THESE MEDICATIONS. IF YOU TAKE INSULIN OR ORAL ANTI-DIABETIC MEDICATIONS, SPEAK TO YOUR DOCTOR.**

**THE DAY BEFORE YOUR PROCEDURE:**

1. **At 8 a.m. DAY PRIOR TO YOUR PROCEDURE** begin clear liquids: Drink one 8oz glass of water or juice **EVERY HOUR THROUGHOUT THE DAY**. Clear liquids include water, clear fruit juices (apple, lemonade, etc.), clear chicken broth, plain Jell-O (no red or orange Jell-O, however). **NO SOLID FOODS, MILK, OR MILK PRODUCTS ALLOWED.**
2. **At noon:** Take 2 Bisacodyl tablets with 8oz of water or juice. These are included in the HalfLyteLy Bowel Prep Kit. Some cramping will occur; this is to be expected as it is a side effect of the Bisacodyl. At this time, choose a flavor from one of the flavor packets included in the kit and pour it into the HalfLyteLy bottle. Fill the bottle with water to the "fill line" and shake well.
3. **AT 6 p.m:** Start drinking the prep solution. It is imperative that you drink 8oz every **10-15 minutes** until the solution is completely gone. (Approximately 8 glasses). You must finish drinking all of the solution within 2 hours.
4. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE THE PROCEDURE. THIS IS EXTREMELY IMPORTANT. IF YOU DO NOT ADHERE TO THIS, YOUR PROCEDURE MAY BE CANCELLED. IT IS FOR YOUR SAFETY AND PROTECTION.**

**Have someone you know drive you to and from your procedure. You may not leave by taxi, unless a friend or relative accompanies you. As you will be sedated, someone must drive you home. You may not drive an automobile or operate any machinery for 24 hours after the procedure.**

If you have any questions about the preceding instructions, or if you have any questions about your procedure, please call the office. (310) 273-2310.