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INSTRUCTIONS FOR COLONOSCOPY PREP (Halflytely)

The colon (large intestine) will be examined with a thin flexible scope. A nurse will start an IV and you will be given a sedative to help you relax. You will lie on your left side while the doctor inserts the scope into the rectum. Biopsies (tissues samples) may be taken or polyps removed. The exam takes less than 1 hour and you will be kept an additional hour at the hospital/endoscopy center until the sedative wears off. **Someone must drive you home.**

STOP Iron five days before the procedure. If you are taking certain diabetes medications, namely: Glypizide, Micronase, Glyburide and Glucotrol, you will need to hold them one day prior to your procedure. Insulin will probably need to be reduced as well. It would also be wise to monitor your blood sugar more closely during this period.

DAY BEFORE EXAM

Do not eat solid food or drink milk starting in the morning on the day before your colonoscopy. You will be on a clear liquid diet which includes:

- Water
- Tea
- Plain Coffee
- Clear juices such as apple or white grape
- Lemonade from powdered mix
- Fruit flavored drinks, such as Kool-Aid, Crystal Light, etc
- Carbonated beverages / soda
- Sports drinks such as Gatorade, All-Sport, Powerade, Vitamin Water
- Fat free broth / bouillon / consommé
- Plain / flavored gelatins or Jello
- Fruit Ices / Italian Ices
- Sorbet
- Popsicles (without milk or added fruit pieces)
- Honey
- Sugar
- Hard Candy

NO RED OR PURPLE COLORED ITEMS

In the morning the day before your procedure, prepare the solution by adding lukewarm drinking water to the top of the line on bottle. Cap the bottle and shake

to dissolve the powder. The reconstituted solution will be clear and colorless. Flavor packs are included and you may mix whatever flavor you want. Refrigerate the mixed solution.

12:00 Noon Take 2 Bisacodyl tablets with water. Do not chew or crush.

4:00 PM Drink 1 liter or (4) glasses of the solution, (1) glass every 15 minutes. Drink each glass quickly rather than drinking small amounts. Do not take any other medications within 1 hour of starting to drink the solution.

8:00 PM Drink 1 liter or (4) glasses of the solution, (1) glass every 15 minutes. If you feel too nauseated to continue drinking the solution, you may finish it on the day of the procedure. However, you must start drinking it (4) hours prior to your procedure and must finish it within (1) hour.

Otherwise, nothing by mouth 8 hours before your procedure. If you have any question, please call the office.