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**THE PROCEDURE SCHEDULED FOR: Colonoscopy: ST. Francis GI Endoscopy, LLC, Windsor**

**DAY OF PROCEDURE ARRIVE AT:** ST Francis GI Endoscopy, LLC, 360 Bloomfield Avenue, Suite #204, Windsor, CT 06095. Exit #37 (Bloomfield Ave/Windsor Center) off Interstate 91 North. (Take right onto Bloomfield Avenue and make an immediate left turn onto a long driveway, before the Mobil Gas Station) or Exit #37 Interstate 91 South (Take left onto Bloomfield Avenue and make a left turn before the Mobil Gas Station). Phone # 860-683-9991.

The procedure takes approximately 30-45 minutes. **Plan to be at the hospital for about 2 hours from the arrival time. Because of sedation, it is MANDATORY that someone drives you home after the procedure.** Please be advised that you cannot use a cab or dial-a-ride to return home. American Medical Response can be of some assistance with medical transportation (860) 522-7574.

**YOU MUST DISCONTINUE THE FOLLOWING PRIOR TO YOUR PROCEDURE:**

**5 DAYS PRIOR:** NO Iron or Vitamin E (no prescription blood thinners or anti-inflammatory medications as well). Tylenol is safe to take. Any other necessary medications can be taken the morning of the procedure with a sip of water.

**2 WEEKS PRIOR:** NO herbal supplements which include Omega 3, Fish Oil, Flaxseed, Glucosamine/Chondroitin, Saw Palmetto, Cranberry, Cinnamon, CO-Q10, Ginseng, Echinacea, Ginkgo Biloba, & Garlic. **IF YOU FORGET TO STOP, IT WILL NOT PREVENT YOU FROM HAVING YOUR PROCEDURE!**

**4 DAYS PRIOR:** NO Coumadin.

**7 DAYS PRIOR:** NO Plavix.

**DIABETIC PATIENTS: Please read the following directions regarding your medication:**

The day before your procedure take ½ of your diabetic medication. Do not take it the day of your procedure. You may bring to the hospital to have it administered after your procedure.

**\*\*INSURANCE:**

Our office will obtain pre-certification, but that is not a guarantee of payment.

It is the patient's responsibility to contact their insurance to check covered benefits.

It is the patient's responsibility to contact our office **immediately** with any insurance changes.

## Colonoscopy Prep ST. Francis GI Endoscopy, LLC, Windsor

### TRILYTE BOWEL PREP KIT

#### DAY BEFORE COLONOSCOPY

1. **DRINK ONLY CLEAR LIQUIDS FOR BREAKFAST, LUNCH, AND DINNER. NO SOLID FOOD ALLOWED.** Please see the clear liquid diet list below. It is important that you drink as much liquids as you can tolerate so that you will remain hydrated.
2. **In the morning** mix the TriLyte solution according to the instructions on the bottle and refrigerate.
3. At **12:00 p.m.** Take two (2) Bisacodyl tablets (this is a laxative) with 8 ounces of water. Continue drinking liquids throughout the day.
4. At **3:00 p.m.** Begin drinking TriLyte solution - *8 ounces every 20-30 minutes until the bottle is half empty. If you find after drinking half the container that you are not having clear liquid bowel movements you should drink more of the Trilyte until you are running clear.* It will take approximately 2-3 hours to finish the solution. If you experience severe discomfort or bloating, discontinue drinking the solution for a short time and *drink ginger ale* or wait longer between drinking each glass until the discomfort goes away.
5. **Continue to drink clear liquids until bedtime.**

#### CLEAR LIQUID DIET

**PLEASE AVOID DAIRY PRODUCTS AND ANYTHING COLORED RED OR PURPLE**

#### ALLOWED:

- Soft Drinks—Regular or diet sodas (orange, ginger ale, cola, Sprite, 7-Up, etc)
- Gatorade, Crystal Light, and Kool-Aid
- Strained fruit juices **without pulp** (apple, orange, white grape, lemonade, iced tea)
- Water or seltzer
- Tea or black coffee **NO** milk or non-dairy creamer. You may have sugar
- Boost—Vanilla flavor (**NOT ALLOWED THE DAY OF THE PROCEDURE**)
- Fat-free, low sodium chicken or beef broth/bouillon (no soups)
- Hard candies (mints, Lifesavers, etc.)
- Jell-O (lemon, lime, orange; no fruit or toppings)
- Popsicles, Italian ice (no sherbets or fruit bars)

#### DAY OF COLONOSCOPY

You must completely fast, nothing by mouth 6 hours prior to your procedure, not even water. If you must take morning medications you may do so with just a sip of water.

## Colonoscopy Prep ST. Francis GI Endoscopy, LLC, Windsor

### HALF-LYTELY BOWEL PREP KIT Morning Procedure

#### DAY BEFORE COLONOSCOPY

1. **DRINK ONLY CLEAR LIQUIDS FOR BREAKFAST, LUNCH, AND DINNER. NO SOLID FOOD ALLOWED.** Please see the clear liquid diet list below. It is important that you drink as much liquids as you can tolerate so that you will remain hydrated.
2. In the morning (the day before your procedure) mix the Half-Lytely solution according to the instructions on the bottle and refrigerate. You are able to mix the Half-Lytely with Crystal Light Lemonade or Crystal Light Iced Tea instead of using water.
3. At **12:00 p.m.** Take two (2) Bisacodyl tablets (this is a laxative) with water. Continue to drink your clear liquids all day long.
4. At **3:00 p.m.** Begin drinking the Half-Lytely solution as instructed—*8 ounces every 20-30 minutes until the bottle is empty.* It will take approximately 2-3 hours to finish the solution. If you have severe discomfort or distention (bloating), discontinue drinking the solution for a short time or wait longer between drinking each glass until the discomfort goes away.
5. You will continue to have diarrhea for a few hours after you finish drinking the solution.
6. Continue to drink clear liquids until bedtime.

#### DAY OF COLONOSCOPY

1. You may have clear colored liquids until \_\_\_\_\_, then you must **completely fast**, nothing by mouth for (6) hours prior to your procedure. If you need to take your prescription medication in the morning, please do so **before your fasting period**, otherwise you will need to take them after your procedure.

#### CLEAR LIQUID DIET

**PLEASE AVOID ALL DAIRY PRODUCTS AND ANYTHING COLORED RED OR PURPLE**

#### ALLOWED:

- Soft Drinks—Regular or diet sodas (orange, ginger ale, cola, Sprite, 7-Up, etc)
- Gatorade, Crystal Light, and Kool-Aid
- Strained fruit juices **without** pulp (apple, orange, white grape, lemonade, iced tea)
- Water or seltzer
- Tea or black coffee **NO** milk or non-dairy creamer. You may have sugar
- Boost—Vanilla flavor ( **NOT ALLOWED THE DAY OF THE PROCEDURE**)
- Fat-free, low sodium chicken or beef broth/bouillon
- Hard candies (mints, Lifesavers, etc)
- Jell-O (lemon, lime, orange; **no** fruit or toppings)
- Popsicles, Italian ice (**no** sherbets or fruit bars)

## Colonoscopy Prep ST. Francis GI Endoscopy, LLC, Windsor

### **HALF-LYTELY BOWEL PREP KIT** **Afternoon Procedure**

#### **DAY BEFORE COLONOSCOPY**

1. **DRINK ONLY CLEAR LIQUIDS FOR BREAKFAST, LUNCH, AND DINNER. NO SOLID FOOD ALLOWED.** Please see the clear liquid diet list below. It is important that you drink as much liquids as you can tolerate so that you will remain hydrated.
2. **In the morning** (the day before the procedure) mix the Half- Lytely solution according to the instructions on the bottle and refrigerate. You may mix the Half-Lytely with Crystal Light Lemonade or Crystal Light Iced Tea instead of using water.
3. At **5:00 p.m.** take **2** (two) Bisacodyl tablets (this is a laxative) with water.
4. Continue to drink clear liquids until bedtime.

#### **DAY OF COLONOSCOPY**

1. **At 6:00 a.m.** begin drinking Half-Lytely solution as instructed- *8 ounces every 20-30 minutes until the bottle is empty.* It will take approximately 2-3 hours to finish the solution. If you have severe discomfort or distention (bloating), discontinue drinking the solution for a short time or wait longer between drinking each glass until the discomfort goes away.
2. You will continue to have diarrhea for a few hours after you finish drinking the solution.
3. You may have a clear liquid diet, excluding Vanilla Boost, until \_\_\_\_\_. If you must take prescription medication, please be sure to do it before this time. You should have nothing by mouth for four (4) hours prior to your procedure. **DO NOT HAVE ANYTHING MORE TO EAT OR DRINK.**

#### **CLEAR LIQUID DIET**

**PLEASE AVOID ALL DAIRY PRODUCTS AND ANYTHING COLORED RED OR PURPLE**

#### **ALLOWED:**

- Soft drinks – regular or diet sodas (orange, ginger ale, cola, Sprite, 7-UP, etc)
- Gatorade, Crystal Light and Kool- Aid
- Strained fruit juices **without pulp** (apple, orange, white grape, lemonade, iced tea)
- Water or seltzer
- Tea or black coffee. **NO** milk or non-dairy creamer. You may have sugar.
- Boost- Vanilla flavor- (**NOT ALLOWED THE DAY OF THE PROCEDURE**)
- Fat- free, low sodium chicken or beef broth / bouillon
- Hard candies (mints, lifesavers, etc)
- Jell-o (lemon, lime, orange; no fruit or toppings)
- Popsicles, Italian Ice (no sherbets or fruit bars)

**OSMO PREP TABLETS**  
**Morning Preparation**

**DAY BEFORE COLONOSCOPY**

1. **DRINK ONLY CLEAR LIQUIDS FOR BREAKFAST, LUNCH, AND DINNER. NO SOLID FOOD ALLOWED.** See list at bottom of page. It is important that you drink as much liquids as you can tolerate to keep yourself hydrated.
2. **At 8:00 a.m.** start **OSMO** tablets. Take 4 tablets every 15 minutes with an 8 ounce glass of any clear liquid for one hour or until you have taken 16 tablets. 15 minutes later, take the last set of 4 tablets with any 8 ounce glass of clear liquid. At this point, you will have taken 20 of the 32 tablets. Continue to drink clear liquids throughout the day.
3. **At 6:00 p.m.** restart the **OSMO** tablets. Take 4 tablets with an 8 ounce glass of clear liquid. 15 minutes later take another 4 tablets with an 8 ounce glass of clear liquid. 15 minutes later take the last set of 4 tablets with an 8 ounce glass of clear liquid. You now have completed the OSMO preparation. Please continue to drink clear liquids until bedtime.

**DAY OF COLONOSCOPY**

You must completely fast. If you are on prescription medication, you are able to take them up to 6 hours prior to your procedure with a small slip of water.

**CLEAR LIQUID DIET LIST**

**Please avoid all dairy products and anything colored red or purple.**

- Soft Drinks- Regular or diet soda (orange, ginger ale, cola, Sprite, 7-up, etc)
- Gatorade, Kool-Aid, and Crystal Light
- Strained fruit juices **without pulp** (orange, white grape, apple, lemonade, etc)
- Water, tea, or black coffee (**No** milk or non-dairy creamer)
- Sugar, sugar substitute and honey are allowed
- Boost, Vanilla flavor only (**NOT ALLOWED DAY OF PROCEDURE**)
- Fat-free, lows odium chicken, beef or vegetable bouillon/broth
- Hard candies
- Jell-O (Lemon, lime or orange, no fruit toppings)
- Popsicles, Italian Ice (no sherbets or fruit bars)

## Colonoscopy Prep ST. Francis GI Endoscopy, LLC, Windsor

### OSMO PREP TABLETS Afternoon Preparation

Be sure to bring the prescription for these tablets to your pharmacy at least 3-4 days prior to your procedure. Your pharmacy may have to order the tablets in advance.

#### DAY BEFORE COLONOSCOPY

1. **DRINK ONLY CLEAR LIQUIDS FOR BREAKFAST, LUNCH, AND DINNER. NO SOLID FOOD ALLOWED.** See list at bottom of page. It is important that you drink as much liquid as you can tolerate to keep yourself hydrated.
2. **At 6:00 p.m.** start **OSMO** tablets. Take 4 tablets every 15 minutes with an 8 ounce glass of clear liquid for one hour or until you have taken 16 tablets. 15 minutes later take the last set of four tablets with an 8 ounce glass of clear liquid. At this point you will have taken 20 of the 32 tablets. Please continue to drink clear liquids until bedtime.

#### DAY OF COLONOSCOPY

Drink clear liquids when you wake except for Vanilla Boost.

1. **At 6:00 a.m.** restart the **OSMO** tablets. Take 4 tablets with an 8 ounce glass of clear liquid. 15 minutes later take 4 tablets with an 8 ounce glass of clear liquid. You have now completed the OSMO preparation. You may have clear liquids until \_\_\_\_\_, and then you must completely fast. If you must take prescriptions medications take them before your fasting period.

#### CLEAR LIQUID DIET LIST

**Please avoid all dairy products and anything colored red or purple.**

- Soft Drinks- Regular or diet soda (orange, ginger ale, cola, Sprite, 7-up, etc)
- Gatorade, Kool-Aid, and Crystal Light
- Strained fruit juices **without pulp** (orange, white grape, apple, lemonade, etc)
- Water, tea, or black coffee (**No** milk or non-dairy creamer)
- Sugar, sugar substitute and honey are allowed
- Boost, Vanilla flavor only (**NOT ALLOWED DAY OF PROCEDURE**)
- Fat-free, lows odium chicken, beef or vegetable bouillon/broth
- Hard candies
- Jell-O (Lemon, lime or orange, no fruit toppings)
- Popsicles, Italian Ice (no sherbets or fruit bars)