

DIGESTIVE DISEASE SPECIALISTS, INC.

Mercy Tower Office
Arun K. Sachdev, MD
4200 W. Memorial Road, Suite 612
Oklahoma City OK 73120
(405) 752-5559

Name: _____

Date of Procedure: _____

Arrival Time: _____

Procedure Time: _____

Procedure Location:

1 Ambulatory Endoscopy Center

3366 NW Expressway
Physician's Bldg D, Ste 400
Oklahoma City, OK 73112
See Map on back

2 Mercy Outpatient Diagnostics

4300 West Memorial Road
Mercy Health Center
Oklahoma City, OK 73120
Check in at Admissions

3 Mercy Canadian County

520 S. Mustang Rd
Yukon, OK 73099
**Use South Door Entrance
Next to After Hours Sign**

HalfLyte Bowel Preparation

If you take medication, you may have it on the morning of the procedure with a small sip of water. **STOP ASPIRIN, PAVIX, WARFARIN, COUMADIN AND IRON 5 DAYS BEFORE PROCEDURE DATE. IF YOU USE INSULIN OR DIABETIC MEDICATIONS, YOU MAY NEED TO ½ YOUR DOSE THE DAY PRIOR AND NONE THE DAY OF YOUR PROCEDURE UNTIL AFTERWARDS.**

For the doctor to have a clear view of your colon, it is essential that the colon be completely free of stool. If you have problems with constipation you may consider 2 (two) days of the full liquid diet instead of just one day. There have been many times we've had to cancel the procedure midway and reschedule due to an incomplete prep. Therefore, you must complete a bowel preparation regimen as follows:

THE DAY BEFORE THE PROCEDURE: _____

1. In the morning, prepare your Halflyte solution and refrigerate this will help it taste better.
2. **Have clear liquids ALL DAY.** See the clear liquid sheet attached.
3. At _____ p.m. take the **2 time-released Bisacodyl tablets** provided in the prep kit box with 8 ounces of water.
4. At _____ p.m. **begin drinking Halflyte.** Please try and drink a full 8ounce glass of the solution every 10-15 minutes until it is all gone. Initially you may feel slightly bloated, but once you begin to have bowel movements that will subside.
5. **DO NOT EAT ANY SOLID FOODS.**

THE DAY OF THE PROCEDURE: _____

1. **Nothing to eat or drink after _____ a.m. and only liquids prior.**
2. Arrive at the facility ONE HOUR prior to the time of your procedure.

A DRIVER MUST ACCOMPANY YOU: You will not be able to drive, use a taxi, or a bus after the procedure. Your driver must be on the premises during the procedure or the procedure will be rescheduled.

*****IF YOU ARE A NEW PATIENT OR IF YOU HAVEN'T BEEN SEEN BY YOUR PHYSICIAN WITHIN ONE (1) YEAR, PLEASE PRINT THE FORMS AT THE FOLLOWING LINK: [Pre-Registration Forms](#). PLEASE FILL OUT ALL FORMS AND BRING THEM WITH YOU TO YOUR PROCEDURE. THANK YOU.*****

**DIGESTIVE
DISEASE
SPECIALISTS, INC.**

Mercy Tower Office
Arun K. Sachdev, MD
4200 W. Memorial Road, Suite 612
Oklahoma City OK 73120
(405) 751-9427

LIQUID DIET SHEET

FOOD ALLOWED

DRINKS

APPLE JUICE

WHITE GRAPE JUICE

WATER OR ICE

TEA (with sugar is fine)

ANY CARBONATED DRINKS

COFFEE (no milk or cream)

ENSURE OR BOOST (any flavor)

SOUP

FAT-FREE OR LOW FAT:

CHICKEN BROTH

BEEF BROTH

CHICKEN BOUILLON

BEEF BOUILLON

DESSERTS

JELL-O

POPSICLES

MISCELLANEOUS

SALT

SUGAR

HARD CANDY

FOOD NOT ALLOWED

DRINKS

ANY JUICE WITH PULP

NOTHING RED OR PURPLE

SOUP

ALL OTHERS

DESSERTS

NOTHING RED OR PURPLE

ALL OTHERS

MISCELLANEOUS

ALL OTHERS