



COLONOSCOPY PREPARATION
 (CoLyte, TriLyte, GoLyte or NuLyte {peg 3350}

Solution)

Your procedure is scheduled with Dr.

_____ on:
 Day _____ Date _____ Check in Time _____
 _____AM/PM
 Procedure Time _____AM/PM
 PM

At the following location:

Digestive Health Center, 5250 Kietzke Lane, Reno NV, 89511 (775) 829-8855

- ❖ **Please arrange for transportation home** - your procedure will not be performed if you do not have an adult driver accompanying you from the Endoscopy Center. You cannot walk, take a taxi, or a bus home by yourself. Due to the nature of the sedation, you cannot drive, operate mechanical equipment or drink alcohol on the day of your procedure.
- ❖ Plan to be at the center for approximately **2 ½ hours**.
- ❖ If your driver does not plan to stay at the center, they must be available by phone and should be no further than 20 minutes away. Procedures scheduled after 2:00 pm, drivers are requested to stay at the center to expedite patient discharge home.
- ❖ Only one person is allowed in the recovery area at a time. No food, drinks, cell phones, or children are permitted in the admitting or recovery area.
- ❖ **PLEASE PICK UP YOUR BOWEL CLEANSING/LAXATIVE PRESCRIPTION AT THE PHARMACY WITHIN 7 DAYS OF RECEIVING THESE INSTRUCTIONS.**

Before your examination, continue to take your normal prescription medication(s). **Please inform your nurse if you are taking any blood thinning medications such as Coumadin/Warfarin/Pradaxa, Aspirin, Plavix, or diabetic medications for instructions.**

7 DAYS BEFORE YOUR PROCEDURE: STOP Aspirin/Aspirin products, anti-inflammatories (examples: Aleve, Advil, Motrin) Fish Oil, Iron Supplements, Alli® (Unless otherwise directed)

4 DAYS BEFORE YOUR PROCEDURE: Avoid high fiber foods from now until after your procedure. No salads, raw vegetables, nuts, seeds, popcorn, beans, peas, corn, whole wheat. **Suggested foods:** Chicken/Turkey, pasta, meat, potatoes without skin, white rice, and white bread. **This is not a strict diet and these foods are not mandatory for the prep, only recommendations.**

1 DAY BEFORE YOUR PROCEDURE: No solid foods this day. Follow the preparation instructions on the back.

DAY OF PROCEDURE: Do not eat anything. Do not take anything by mouth 2 hours prior to your procedure. This includes water, gum and hard candy/mints or use chewing tobacco products. Please wear comfortable clothes. Bring insurance card, picture ID and required payment for your Co-pay/Deductible. Please leave valuables at home. Please have your current medications documented on the DHC Patient Medication Reconciliation Form provided to you. This form is required by the center.

TURN SHEET OVER FOR DETAILED PREPARATION INSTRUCTIONS

ONE (1) DAY BEFORE YOUR PROCEDURE (ALL DAY)

NO SOLID FOODS/MILK or JUICES WITH PULP PRODUCTS ALLOWED THIS DAY

You are to drink a clear liquid diet throughout the day!

If you are diabetic, take only HALF of your usual dose of diabetes medications.

Do not take any supplements this day.

DRINK ONLY CLEAR LIQUIDS STARTING FROM THE TIME YOU WAKE UP! Clear liquids include:

Water Soft Drinks (**no red/purple**) Gatorade (**no red/purple**)
Bouillon Popsicles (**no red/purple**) Jell-O (**no red/purple**)
Clear Fruit Juices (**no pulp**) Black Coffee/Tea (1-2 cups, **no creamer**,
sugar OK)

IF YOU ARE SCHEDULED:

Early Morning Procedure Between 7:00 am and 10:00 am

- At 5:00 pm begin drinking the laxative solution. You should drink 8 oz. every 20-30 minutes until the entire container of preparation is consumed. It is best to drink each glass rapidly rather than sip it. This will take about 5-5 ½ hours. See Colonoscopy Tips if you are having difficulty drinking the prep solution. Please follow our instructions and not those of the pharmacist.

Late Morning/Early Afternoon Procedure Between 10:30 am to 12:30 pm

- At 5:00 pm begin drinking the laxative solution. You should drink 8 oz. every 20 minutes until 3/4 of the container of preparation is consumed. It is best to drink each glass rapidly rather than sip it. This will take about 4 hours. See Colonoscopy Tips if you are having difficulty drinking the prep solution.
- 5 hours prior to your appointment time on the morning of your examination, start drinking the last 1/4 gallon of your laxative solution. This will take about 1 ½ hours. Finish at least two hours prior to your procedure time. Please follow our instructions and not those of the pharmacist.

Late Afternoon Procedure Between 1:00 pm to 3:30 pm

- At 6:00 pm begin drinking the laxative solution. You should drink 8 oz. every 20 minutes until 1/2 of the container of preparation is consumed. It is best to drink each glass rapidly rather than sip it. This will take about 2-3 hours. See Colonoscopy Tips if you are having difficulty drinking the prep solution.

- 5 hours prior to your appointment time on the morning of your examination, start drinking the last 1/2 gallon of your laxative solution. This will take about 2-3 hours. Finish at least two hours prior to your procedure time. Please follow our instructions and not those of the pharmacist or on the prep box.
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You will eventually drink the entire gallon.

- You may continue to drink clear liquids while drinking the prep solution and after the prep solution is completed at night.
 - The desired results of your prep should be clear to clear yellow/green liquid.
 - **If you are not clear or are unable to complete the prep, please call 775 829-8855, even after hours.**
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THE DAY OF YOUR COLONOSCOPY

DO NOT EAT ANYTHING. DO NOT DRINK OR USE SALIVA PRODUCING PRODUCTS INCLUDING: WATER, HARD CANDY, GUM, OR CHEWING TOBACCO PRODUCTS DURING THE TWO (2) HOURS PRIOR TO PROCEDURE. YOUR PROCEDURE MAY BE DELAYED OR CANCELLED IF THESE DIRECTIONS ARE NOT FOLLOWED. SEE MEDICATION FAQ'S ABOUT WHAT MEDICATIONS TO TAKE THE DAY OF YOUR PROCEDURE. IF ORAL ANTIBIOTICS ARE PRESCRIBED BY YOUR PHYSICIAN, THE PILLS MUST BE TAKEN TWO HOURS PRIOR TO PROCEDURE TIME WITH SIPS OF WATER.