



COLONOSCOPY PREPARATION

(1/2 Lytely {peg 3350} Solution)

Your procedure is scheduled with Dr.

_____ on:

Day _____
_____AM/PM

Date _____

Check in Time

Procedure Time _____AM/

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 2-2 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.** You will need to purchase (to take the day before your procedure) BISACODYL/Dulcolax® tablets (you will need two). Ask the pharmacist to help you find these in the laxative/fiber aisle. You were given a prescription for a gallon prep to drink, you will only be drinking ½ the gallon.

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, or Plavix, or Diabetic medications for instructions.**

7 DAYS BEFORE YOUR PROCEDURE: STOP ASPIRIN/ASPIRIN PRODUCTS, NSAID PRODUCTS (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, 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. Nothing to drink 2 hours prior to your examination. Do not 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 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

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)	Jello (no red/purple)
Clear Fruit Juices (no pulp)	Black Coffee/Tea (1-2 cups, no creamer, sugar OK)	

IN AM - Mix the solution (gallon jug) with your choice of flavor packet, place in refrigerator (you can mix anytime, solution good for 48 hours once mixed)

All Day - drink plenty of clear liquids, you will feel better and your preparation will be better

2 PM - Take two bisacodyl/Dulcolax® tablets (over the counter) with 8 oz. clear liquid

3 PM - Drink 4 glasses (8oz) of the prep solution, one glass every 20-30 minutes. You can continue to drink clear liquids after the four glasses.

THE DAY OF YOUR PROCEDURE

At _____ (5 HOURS before Procedure) - Drink 4 (8oz) glasses of the prep solution, one glass every 20-30 minutes. If your bowel movements are yellow/clear liquid you have completed the prep. You will still have half of the prep solution left. If your bowel movements have not turned clear yellow liquid, follow the next step and continue to drink the prep solution until clear.

If your bowel movements are still solid or soft (not liquid yellow/clear):

Continue to drink the prep solution, 1 (8oz) glass every 15-20 minutes. Once your bowel movements have turned liquid yellow/clear you can stop drinking the solution. Finish at least 2 hours prior to procedure time.

THE DAY OF YOUR COLONOSCOPY

DO NOT EAT ANYTHING. DO NOT DRINK OR USE ANY SALIVA PRODUCING PRODUCTS INCLUDING: WATER, HARD CANDY, GUM, OR CHEWING TOBACCO DURING THE TWO (2) HOURS PRIOR TO YOUR PROCEDURE. YOUR PROCEDURE MAY BE DELAYED OR CANCELLED IF YOU DON'T FOLLOW THESE INSTRUCTIONS. 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.