



Digestive Health  
Associates & Center of Reno

# **GALLON PREP FOR COLONOSCOPY**

Have your prescription filled at the pharmacy

## **One day Before the Procedure:**

1. **Do not eat anything solid.** Follow the **clear liquid diet** instructions.
2. Clear liquids include water, black coffee, tea, apple juice, white grape juice, soda, Jell- O, popsicles, broth, and Gatorade or other sport drinks.
  - DO NOT drink milk or use non-dairy creamer.
  - DO NOT drink anything colored red or purple.
  - DO NOT drink alcohol.

- **Before 1:00 p.m.**

1. Mix the solution with lukewarm water and shake. Refrigerate solution. You may add Crystal Light lemonade for flavor.

- **Evening Before Procedure at 5:00 p.m. MORNING PROCEDURES (scheduled 7:00am-10:30am)**

1. Drink an 8-ounce glass of the solution every 20-30 minutes, until the **entire** jug is consumed. If you are having trouble tolerating this, please see Colonoscopy Tips page.

- **Evening Before Procedure at 5:00 p.m. AFTERNOON PROCEDURES (scheduled 11:30 am-3:30 pm)**

1. Drink an 8-ounce glass of the solution every 20-30 minutes, until  $\frac{3}{4}$  of the jug is consumed. If you are having trouble tolerating this, please see Colonoscopy Tips page.
2. You will finish the last  $\frac{1}{4}$  of the jug 4 hours prior to procedure time on the day of the procedure. Drink 8 ounces every 20-30 minutes 4 hours prior to procedure time, until the entire jug is consumed.



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## **Day of the Procedure**

1. Do not eat.
2. You may have clear liquids until 2 hours before your procedure time.
3. Do not chew gum.

## **Important:**

1. You will not be able to drive after your procedure. **You will need a driver** to drive you home afterward.
2. If you take aspirin, anti-inflammatories (Aleve, Advil, Motrin, Ibuprofen) STOP these medications 7 days prior to procedure. (Unless otherwise directed)
3. **Continue taking your prescribed medications.** Unless you are on a blood thinner and have been told to hold these medications.
4. Please notify your doctor at least one week before the procedure if you take warfarin (Coumadin), Plavix, Eliquis, Xarelto, Pradaxa, or other blood thinners.

Please call the office during regular business hours for any questions. 775-829-8855

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