



GALLON PREP FOR COLONOSOPY

Your prescription will be sent to your pharmacy.

Your procedure is scheduled with Dr. _____ on:

Day: M T W TH F Date: _____ Check in at: _____ AM/PM
Procedure time: _____ AM/PM

DAY BEFORE YOUR PROCEDURE:

DO NOT EAT ANYTHING. Follow **clear liquid diet** instructions.

- Things you can drink: 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 creamer of any kind.
- **DO NOT** drink anything colored red or purple.
- **DO NOT** drink alcohol.

Before 1:00 p.m.

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

Evening before procedure, starting at 5:00 p.m.

MORNING PROCEDURES (scheduled 7:00am-10:30am)	AFTERNOON PROCEDURES (scheduled 11:30 am-3:30 pm)
Drink an 8-ounce glass of the solution every 20-30 minutes, until the entire jug is consumed.	Drink an 8-ounce glass of the solution every 20-30 minutes, until $\frac{3}{4}$ of the jug is consumed. 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, at least 4 hours prior to procedure time, until the entire jug is consumed.
*If you are having trouble tolerating this, please see Colonoscopy Tips page.	



DAY OF PROCEDURE:

- **DO NOT** eat prior to procedure.
- **DO NOT** use chewing tobacco or smoke 6 hours prior to procedure.
- **DO NOT** chew gum, mints, etc. 2 hours prior to procedure time.

You may have clear liquids until 2 hours before your procedure time.

When having a bowel movement, the bottom of the toilet should be visible.
(Liquid stool in shades of yellow, green, or orange are normal)

Important:

You are required to have a driver take you home after the procedure. Arranged transportation will be verified at check in.

Continue taking your prescribed medications. Unless the following applies to you:

- If you are taking a **blood thinner** please hold these medications as directed by our office. ***Please notify your doctor at least two weeks before the procedure if you take Warfarin (Coumadin), Plavix, Eliquis, Xarelto, Pradaxa, or other blood thinners.***
- If you are taking a GLP-1 agonist: (**Ozempic**, Byetta, Byureon, Victoza, Tanzeum, **Trulicity**, Lixumia, Rybelsus, Wegovy, Fu Laimel, **Mounjaro**, Exenatide, Liraglutide, Albiglutide, Dulaglutide, Lixisenatide, Beinaglutide, Semaglutide, PEG-loxenatide, Tirzepatide see directions below.
 - Daily dose- hold on the day of procedure.
 - Weekly dose- hold for 1 week prior to procedure.

Please call our office during regular business hours with any questions. (775) 829-8855

**Procedure Location:
5250 Kietzke Lane
Reno, NV 89511**



Digestive Health
Associates & Center of Reno

*Clear liquid diet, frequently asked questions, procedure tips and more can be found at
www.digestivehealthreno.com