DHA DHC Digestive Health Associates & Center of Reno

GALLON PREP FOR COLONOSCOPY

Your prescription will be sent to your pharmacy.

3 DAYS BEFORE YOUR PROCEDURE:

Start a low residue diet (instructions found at www.digestivehealthreno.com) Avoid all nuts and seeds.

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.

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

<table>
<tr><th>MORNING PROCEDURES
(scheduled 7:00am-10:30am)</th><th>AFTERNOON PROCEDURES
(scheduled 11:30 am-3:30 pm)</th></tr>
<tr><td rowspan="2">Drink an 8-ounce glass of the solution every 20-30 minutes, until the entire jug is consumed.</td><td>Drink an 8-ounce glass of the solution every 20-30 minutes, until ¾ of the jug is consumed.</td></tr>
<tr><td>You will finish the last ¼ 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.</td></tr>
<tr><td colspan="2">*If you are having trouble tolerating this, please see Colonoscopy Tips page.</td></tr>
<tr><td colspan="2">**Mix solution with warm water and shake. You may flavor with crystal light and refrigerate.</td></tr>
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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. DO NOT DRINK ANYTHING 2 HOURS PRIOR TO PROCEDURE.

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 you are on a blood thinner and have been told to hold these medications 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 one of the following: (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 for 3 days prior to procedure.
- Weekly dose- hold for 7 days prior to procedure.

Procedure results: communicated via email 2-3 weeks after procedure. Please check your email, including junk, for an email from *enki EHR*.

Please call our prep line directly for questions related to prep instructions 775-433-0480.

Procedure Location:
5250 Kietzke Lane
Reno, NV 89511

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