



Gastroenterology Consultants, Ltd

Reno Endoscopy Center
880 Ryland Street
Reno, Nevada 89502
(775) 329-4600

South Meadows Endoscopy Center
10619 Professional Circle
Reno, Nevada 89521
(775) 852-4848

For Scheduling Changes, please call:

Reno (775) 329-4600

South Meadows (775) 852-4848

Patient Name: _____

Appointment Date: _____

Check-in Time: _____

Appointment Time: _____

- Reno Endoscopy Center
- South Meadows Endoscopy Center
- Other _____

**2 Day Colonoscopy Prep Instructions
Trilytley, Colytely, Golytely or Nulytely Solutions**

Please read the following instructions carefully at least one week prior to your exam. The most important part of a successful Colonoscopy is the preparation. Adequate cleansing of your colon prior to the examination is crucial for good results. **You must drink plenty of water in order for the preparation to be effective.** If you need further information about your procedure, please call our procedure facility prior to your exam so we may take care of any concerns well ahead of time.

WHAT YOU WILL NEED:

- **MUST BUY** Over the Counter: 2 (TWO) Simethicone Chewable Tablets
- Trilytley, Colytely, Golytely or Nulytely Solution
- 10-ounce Bottle of Citrate of Magnesium (Lemon or Lime Flavor-**NOT CHERRY**)

Special Considerations

Please contact our office immediately if you have any of the following medical conditions and **have not discussed** them with us:

- You take ANY medication that prevents your blood from clotting, ie. Coumadin (warfarin, Jantoven), Plavix, Pradaxa and Effient
- History of excessive bleeding during previous surgery or dental extraction
- You have diabetes
- You have a history of kidney (dialysis) disease
- Take a GPL-1 medication for diabetes or weight loss

Medication and Diet Instructions

5 days before procedure

- Stop eating any food that contains the fat free substitute OLESTRA; which is usually in fat free potato chips or fat free margarines.
- Do not take any supplements containing fish oil.



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- Do not take Oral Iron.
- Purchase your bowel preparation from the drug store. The preparation comes in powder form, and you will need to mix it with water. **Please do not mix the solution until the day you are instructed to drink it.**

2 days before the procedure

- Do not eat any beans, corn, tomatoes, cucumbers, nuts or foods containing seeds such as poppy, sesame, or sunflower. The fiber from these foods can clog the colonoscope.

SPECIAL CONSIDERATIONS:

Please contact our office immediately if you have any of the following medical conditions and have not discussed them with us:

- You take ANY medications that prevent your blood from clotting
 - I.E. Coumadin (Warfarin, Jantoven), Plavix (Clopidogrel), Dabigatran (Pradaxa), Prasugrel (Effient), Xarelto (Rivaroxaban)
- You have chest pain or shortness of breath with exertion
- You have seizures
- You are currently undergoing evaluation of a heart condition
- You have a history of kidney disease **OR** dialysis treatment
- History of excessive bleeding during previous surgery or dental extraction.
- **If you are taking any weight loss OR diabetic medications - GLP1(Glucagon-Like Peptide-1): Trulicity, Bydureon, Byetta, Saxenda, Victoza, Adlyzin, Ozempic, Wegovy, Rybelsus**
 - If GLP1 dose is daily, **DO NOT** take on day of procedure.
 - If GLP1 dose is weekly, **DO NOT** if procedure is within 7 days.
 - Phentermine should NOT be taken for 7 days prior to the procedure.

Diet Instructions

2 days before the procedure: Date: _____

Begin a clear liquid diet starting at breakfast and drink only clear liquids all day.

Solid foods, milk and milk products are not allowed.

Avoid any product (including Jell-O) that is colored red, purple or green, as these will interfere with your test.

Clear Liquids Include:

- Water
- Clear fruit juices, pulp free, (apple, white grape juice, white cranberry juice)
- Gatorade
- Clear broth or bouillon
- Jell-O, no red, purple, or green. (without added fruit or toppings)
- Lifesavers
- Popsicles, no red, purple, or green
- Tea
- Soft drinks

Take all your normal prescription medications unless advised otherwise. Do not take any GLP-1 medications for diabetes or weight loss.



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Avoid Alcohol.

It is very important to drink plenty of water and other clear liquids throughout the day in order to avoid dehydration and to flush the bowel.

Two days before your procedure: Date: _____

At **5pm** drink one 10-ounce bottle of Citrate of Magnesium (Lemon or Lime Flavor-**NOT CHERRY**). This should be followed by at least 12 ounces of water each hour for the next three hours plus additional clear liquids as desired.

Feelings of bloating, nausea or chilling are common after the first few glasses. This is only temporary and should disappear once bowel movements begin. If you develop vomiting, slow down the rate at which you drink the solution. Please attempt to drink all the laxative solution even if it takes you longer. If vomiting persists, stop the preparation and call our office or the physician on call for further instructions. Individual responses to laxatives vary. **This preparation will cause multiple bowel movements, so stay close to the bathroom.** Continue to drink plenty of water and other clear liquids.

Remain on a clear liquid.

Preparing and taking the Trilytely, Colytely, Golytely or Nulytely prep the day before your procedure

You must complete the entire prep to ensure the most effective cleansing.

The solution may be mixed up to 24 hours ahead of time and refrigerated prior to drinking. The reconstituted solution must be used within 24 hours.

The day before your procedure: Date: _____

At 4:45pm take 1 (one) Simethicone Chewable Tablet

Between 5 pm and 8 pm, the day before your procedure.

Drink one half of the prepared solution: Drink one 8-ounce glass every 15 minutes; drink a total of 8 glasses over two hours; until one half of the solution is gone. It is best to drink each glass rapidly rather than sip it. Drinking the solution through a straw may make it easier to drink. It will take approximately 2 hours to complete the solution. Feelings of bloating, nausea or chilling are common after the first few glasses. This is only temporary and should disappear once bowel movements begin. If you develop vomiting, slow down the rate at which you drink the solution. Please attempt to drink all the laxative solution even if it takes you longer. If vomiting persists, stop the preparation and call our office or the physician on call for further instructions. Individual responses to laxatives vary. **This preparation will cause multiple bowel movements, so stay close to the bathroom.** Continue to drink plenty of water and other clear liquids. Store the remaining half gallon in the refrigerator.

The morning of your procedure: Date: _____



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Remember no solid food, clear liquids only!

*If you are Diabetic do not take any Insulin or Oral Hypoglycemic medications the morning of your procedure.

7 hours before your procedure time (not your check in time), at _____, **repeat the prep steps above for the second half of the gallon prep:**

Take 1 (one) Simethicone Chewable Tablet

Drink the remaining one half (½) gallon of the preparation, as instructed above, drinking one 8 ounce glass every 15 minutes for a total of 8 glasses over two hours.

Complete this second prep and the additional fluids **within two hours from start time.**

Follow the general tips outlined above for drinking the prep

Drink two glasses of water at completion of prep.

4 hours before your procedure time DO NOT DRINK ANY MORE FLUIDS

Nothing more to drink until after your procedure.

ADDITIONAL INFORMATION FOR THE DAY OF THE PROCEDURE

Eat no solid foods.

You may have small quantities of clear liquids up to 4 hours prior to your procedure.

*If you are diabetic wait until after the procedure to take your usual dose of insulin or oral hypoglycemic medication, after you have eaten a meal.

The morning of your procedure do not take any **unnecessary** medications (i.e. vitamins and minerals) these can wait until after the procedure. Please take only necessary medications, such as those for blood pressure.

GENERAL INFORMATION

Please comply with the following instructions listed below:

(1) Bring all completed forms from your packet.

(2) Bring in your insurance cards and a photo ID such as a driver's license so that we may assist you in billing for our services.

- **All co-pays and deductibles are due at the time of service. Please be prepared to pay these fees on the day of your procedure.**

(3) Leave all jewelry and personal valuables at home. Be sure to bring any reading glasses and/or hearing aids to your procedure. Bring your inhalers if you use them



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(4) YOU WILL NEED A RESPONSIBLE DRIVER TO TAKE YOU HOME. Due to the sedation given for your procedure, you will be unable to drive for the remainder of the day. If you choose to take a taxi, you **MUST** be accompanied by a responsible adult.

(5) Contact Information: If you are coming from out of town or staying at a place other than your main residence, please call our office and leave a number where you will be staying in case we need to contact you.

(6) Procedure Preparation for Colonoscopy:

- **Please take the prescription that is attached to your preparation instructions to your pharmacy to be filled.**
- **Do not** follow the instructions that come with your preparation. Please follow only our instructions provided.
- If you have questions regarding your Colonoscopy or your prep, please refer to the FAQ's sheet also included in this folder.
- In addition, we have a Colonoscopy Hotline phone number that you can call at any time to receive additional automated information regarding your colonoscopy prep. That phone number is 775-284-7282.
- Please refer to our website at www.giconsultants.com for additional information on screening colonoscopies.

Reno Endoscopy Center	(775) 329-1009
South Meadows Endoscopy Center	(775) 852-1886
All Out of Town Patients	(800) 442-0041

<http://www.giconsultants.com>

“Allergic reactions to the constituents of the bowel cleansing solution are rare.

If you think you are having an adverse reaction, please contact us immediately or go to nearest ER.”