



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

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South Meadows (775) 852-4848

Patient Name:

Appointment Date: _____

Check-in Time: _____

Appointment Time: _____

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

Additional information for our VA/TriWest insurance patients!

- **A prescription for your preparation solution has been faxed to the VA pharmacy for you.**
- **If you do not receive your preparation in the mail within 10 days of scheduling your appointment, please contact the VA pharmacy at 916-389-6180.**
- **Attached are our preparation instructions. If you receive another set of instructions from the VA, there are slight differences. To ensure adequate prep, please follow our detailed GIC instruction handout below.**

**Colonoscopy Prep Instructions
Trilytely, 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.

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.



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Medication and Diet Instructions

7 days before procedure

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.

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.
- 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, nut or foods containing seeds such as poppy, sesame, or sunflower. The fiber from these foods can clog the colonoscope.
- If you tend to be constipated, take an ounce of Milk of Magnesia on this day so that you will not be as constipated when you take the preparation solution tomorrow.

1 day before the procedure

- Mix the preparation with lukewarm water and place the gallon jug in the refrigerator.
- Begin a clear liquid diet starting at breakfast and drink only clear liquids all day.
- **Solid foods, coffee, milk and milk products are not allowed**
- **Avoid any products (including Jell-O) that are colored red, purple or green, as these will interfere with your test.**
- Clear liquids include:
 - Water
 - Clear fruit juice, pulp free, (apple, white grape juice and white cranberry juice)
 - Gatorade
 - Clear broth or bouillon
 - Jell-O, no red, green or purple. (without added fruit or toppings)
 - Lifesavers
 - Popsicles, no red, green or purple.
 - Tea
 - Soft drinks

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

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.



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Preparing and taking the Trilytley, 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: _____

Remember no solid food, clear liquids only!

*If you are Diabetic and take insulin: take only $\frac{1}{2}$ of the regular PM dose of your insulin the evening prior to your procedure.

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 of 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: _____

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.

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

Drink the remaining one half($\frac{1}{2}$) 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.



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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.
- Take your usual morning medications, especially those for blood pressure. If you are diabetic wait until after the procedure to take your usual dose of insulin or oral medication, after you have eaten a meal.
- Do not take any GLP-1 medication for weight loss or diabetes.

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

(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.

Please refer to our website at www.giconsultants.com for additional information on screening colonoscopies.

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"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"