



Gastroenterology Consultants, Ltd

Reno Endoscopy Center
880 Ryland Street
Reno, NV 89502
(775) 329-1009

South Meadows Endoscopy Center
10619 Professional Circle
Reno, NV 89521
(775) 852-1886

For Scheduling Changes, please call:

Reno (775) 329-4600

South Meadows (775) 852-4848

Patient Name: _____

Appointment Date: _____

Location:

- Reno Endoscopy Center
- South Meadows Endoscopy Center
- Carson Endoscopy Center

Check-in Time: _____

Appointment Time: _____

COLONOSCOPY PREPARATION Suprep Bowel Preparation

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 the required amount 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.

Medication and Diet Instructions

5 days before procedure

- Stop eating any food that contains the fat free substitute OLESTRA; which is usually found in fat free potato chips or fat free margarine.
- 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 liquid 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.

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.

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**

Rev 10/2014



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- **History of excessive bleeding during previous surgery or dental extraction**
- **You have diabetes**
- **You have a history of kidney (dialysis) disease**
- **You have an artificial heart valve or any other condition requiring antibiotics**

Diet Instructions

The day before your procedure:

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 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 of your normal prescription medications unless advised otherwise.

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.

PREPARING AND TAKING THE PREP

The Suprep carton contains 2 bottles of liquid prep and a disposable container for mixing. You must complete the entire prep to ensure the most effective cleansing. You **MUST** drink all water indicated!

The **day before** your procedure:

Remember no solid food, clear liquids only!

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

Empty one 6-ounce bottle of Suprep liquid into the 16-ounce disposable container. Add cool drinking water to the top line of the 16-ounce container. Drink all the liquid in the container. **IMPORTANT:** You must drink two (2) more additional 16-ounce containers of water within the hour after drinking the Suprep mix. **Continue to drink clear liquid of your choice throughout the evening.**

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Helpful Hints:

Drinking the solution through a straw may make it easier to drink. Feelings of bloating, nausea or chilling are common. 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 it all 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 a bathroom. Continue your clear liquid diet.

The morning of your procedure:

Remember no solid food, clear liquids only!

5 hours before your procedure time (not your check in time), at _ , repeat your prep:

Empty one 6-ounce bottle of Suprep liquid into the 16-ounce disposable container. Add cool drinking water to the top line of the 16-ounce container. Drink all the liquid in the container. **IMPORTANT:** You must drink two (2) more additional 16-ounce containers of water within the hour after drinking the Suprep mix.

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.

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.

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GENERAL INFORMATION

- 1) Leave all jewelry and valuables at home.
- 2) **Bring your inhalers if you use them**
- 3) Your dentures will be removed during the exam for safety reasons.
- 4) **Do not forget to arrange for transportation home after the procedure. Since you have been sedated you will be unable to drive for the remainder of the day.** You will not be able to operate any machinery or go to work until the following day.
- 5) **If leaving by taxi, you will not be allowed to leave by yourself. You must be accompanied by a friend or relative.**
- 6) **Co-Pay, Co-Insurance and Deductible amounts are due at the time of service. Please be prepared to pay for these fees on the day of your procedure.**
- 7) 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 can be reached.

Reno Endoscopy Center (775) 329-1009
South Meadows Endoscopy Center (775) 852-1886
Carson Endoscopy Center (775) 884-8818
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"

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