



Gastroenterology Consultants, Ltd

For Scheduling Changes, please call:

Reno (775) 329-4600

South Meadows (775) 852-4848

Patient Name: _____

Appointment Date: _____

Check-in Time: _____

Appointment Time: _____

Location:

- Renown South Meadows Medical Center 10085 Double R Blvd Suite 260, Reno NV 89521
- Northern Nevada Medical Center 2375 E. Prater Way Sparks, NV 89434
- Northern Nevada Sierra Medical Center 625 Innovation Dr, Reno Nv 89511
- Other _____

**Colonoscopy Preparation for Hospital Case
(Trilytley, Colyte, 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. If you need further information about your procedure, please call our office 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 (125mg each tablet, if not available ok to get 80mg tablets and double the dose)
- Trilytley, Colyte, Golytely or Nulytely Solution
- May need MILK of MAGNESIA or MAGNESIUM CITRATE

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

7 days before the procedure

- **If you are taking any weight loss OR diabetic medication- GLP1 (Glucagon-Like Peptide-1):**
Trulicity, Bydureon, Byetta, Saxenda, Victoza, Aldyzin, 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.



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5 days before the 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.
- 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.
- If you tend to be constipated, take an ounce of Milk of Magnesia on this day, so 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 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.

Diet Instructions

The day before your 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.

Avoid Alcohol.



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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

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:

At 3:45pm take 1 (one) Simethicone Chewable Tablet

Between 4pm and 6pm, 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 the entire laxative 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 of the preparation in the refrigerator.

The morning of your procedure: Date: _____

*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



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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 or seizures.

GENERAL INFORMATION

- **Please bring a driver's license or a picture ID to insure proper identification and your insurance card.**
- Leave all jewelry and valuables at home. **Bring your inhalers if you use them**
- **Do not forget to arrange for transportation home after the procedure. You must have someone to drive you home. 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.
- **If leaving by taxi, you will not be allowed to leave by yourself. You must be accompanied by a friend or relative.**
- 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
- 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 the nearest ER."