

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

Carson Endoscopy Center
707 N. Minnesota Street
Carson City, Nevada 89703
(775) 884-8818

For Scheduling Changes,
Call (775) 329-4600

For Scheduling Changes,
Call (775) 884-4567

Patient Name: _____ Appointment Date: _____

Check-in Time: _____

- Reno Endoscopy Center
- Carson Endoscopy Center
- Other _____

COLONOSCOPY PREPARATION **HalfLyte Bowel Prep Kit**

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.

Medication and Diet Instructions

5 days before procedure

Stop eating any food that contains the fat free substitute OLESTRA. (Usually found in fat free potato chips or fat free margarines.)

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.

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.**

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

1 day before the procedure

Mix the preparation of HalfLytely solution, with lukewarm water and place it in the refrigerator.

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 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, 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 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.

At 12:00 PM

Take the 4 bisacodyl (ducolax) delayed release tablets (by mouth) at this time. Continue the clear liquid diet for lunch and dinner. **Drink at least 4, 8oz glasses of water.**

At 6:00PM

Begin drinking the laxative solution. **Drink a large glass (about 8 ounces) every 10 minutes until the entire** solution is consumed. It is best to drink each glass rapidly rather than sip it. Drinking the solution through a straw may make it easier to drink. 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 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. **Drink at least 4, 8oz glasses of water.**

DAY OF PROCEDURE

- Eat no solid foods.
- You may have small quantities of clear liquids up to **4 hours prior or 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. Do not take the medication until you have eaten a full meal.

GENERAL INFORMATION

- Leave all jewelry and valuables at home.
- **You can plan on being at the procedure center for approximately two hours**
- Your dentures will be removed during the exam for safety reasons.
- **Do not forget to arrange for transportation home after the procedure. You must have some one 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.
- **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.**
- 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
Carson Endoscopy Center (775) 884-8818
(Out of town patients call 800-442-0041)