



Nevada Gastroenterology

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COLONOSCOPY PREPARATION (TRILYTE, GOLYTELY, OR NULYTELY SOLUTIONS)

Patient Name _____ Appointment Date _____

- Nevada Gastroenterology
 - Northern Nevada Medical Center
 - Other _____
- Check-in Time _____

Your physician has determined that a Colonoscopy is necessary to evaluate your Colon (Large Intestine). A quality examination and good results will be dependant on an adequate cleansing and emptying of your Colon. Retained fecal material (stool) can mask significant conditions that may be present. If your Colon is inadequately cleansed, the procedure may need to be repeated at a later date. **Therefore, it is necessary to follow these instructions exactly as written.** If you have any questions, please call our office prior to your procedure so we may take care of any concerns ahead of time.

The following tips may make the process of bowel preparation more comfortable. During the preparation, you will experience many liquid bowel movements. Individual responses to laxatives can vary widely, so plan to remain within close proximity to bathroom facilities during the cleansing period. Consider using soft toilet paper, such as Charmin Plus, since you will be wiping frequently.

Special Instructions:

You are required to have a driver for your procedure. Do not take any blood thinners 3-5 days prior to your procedure. If you are taking blood thinner prescribed by a doctor like Coumidin or Plavix please notify our office. Do not stop taking blood thinners prescribed by your doctor with out your doctors permission.

THE DAY BEFORE COLONOSCOPY: ____/____/____

- **In the morning:**
 - Eat a light breakfast before 9:00 a.m., then only clear liquids after that. (See foods allowed below)
 - You may take your normal prescription medications.
 - Mix the preparation solution according to the instructions on the container and place it in the refrigerator.

- **At noontime:**
 - Have a clear liquid lunch and remain on a clear liquid diet all day.
Foods allowed: water, clear fruit juices (pulp-free, no red or purple), soft drinks, strained soups and bouillon, Jell-O (no red or purple), Popsicles (no red or purple), black coffee or tea, and Lifesavers (no red or purple).
NO SOLID FOODS OR MILK PRODUCTS ARE ALLOWED

- **During the Day:** In order to avoid dehydration, please drink adequate amounts of fluids throughout the day.

- **At approximately 5:00 PM**
 - Begin drinking the laxative solution. You should drink 8 ounces every 10-15 minutes until half of the solution is consumed. It is best to drink each glass rapidly rather than sip it. This will take about 2-3 hours. (If you develop vomiting during the preparation, temporarily stop for one hour, then resume. If you develop vomiting again, slow down the rate at which you drink the solution and attempt to drink it all, even if it takes you a longer time. If vomiting persists, stop the preparation and call our office or physician on call for instructions.)

- **At approximately 9:00 PM**
 - You should have completed 3/4 of the laxative solution.
 - Have a clear liquid dinner.

THE MORNING OF COLONOSCOPY ____/____/____

- **At approximately _____**
Resume drinking the rest of the solution. You should drink 8 ounces every 10-15 minutes until the solution has been completely consumed. This will take 1 HOUR. \
- Eat no solid foods.
- You may have small quantities of clear liquids up to **3 hours before your procedure**.
- You may take your usual morning medications (e.g. high blood pressure medication, etc.). If you are diabetic, wait until after the procedure to take your usual dose of insulin or oral medication.

- **DO NOT FORGET TO ARRANGE FOR TRANSPORTATION AFTER THE PROCEDURE, AS YOU WILL BE SEDATED AND UNABLE TO DRIVE FOR THE REMAINDER OF THE DAY.** You can plan on being at the procedure center for a total period of approximately two hours. You will not be able to drive a car, operate any machinery, or go to work until the following day.
- 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.

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