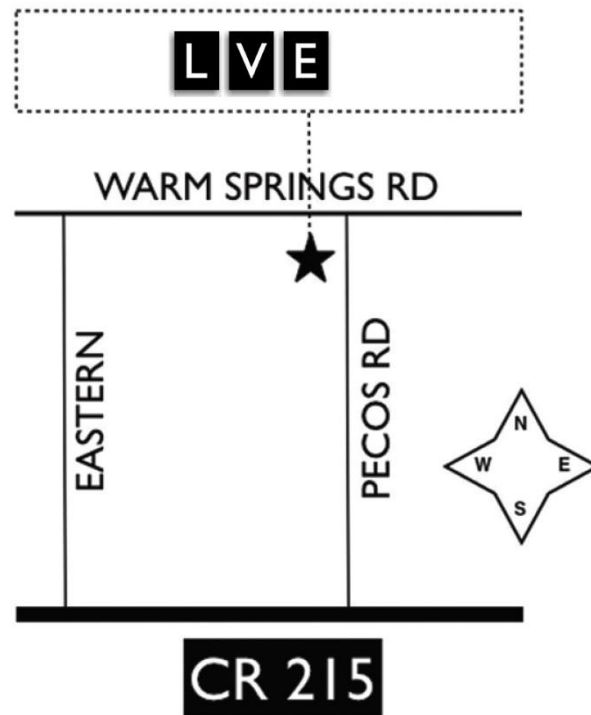




Thank you for scheduling your procedure/s with us and trusting us with your healthcare needs. Below you will find some useful reminders in regards to your up-coming procedure/s. If you have any questions, please feel free to contact our office at 702-982-7240, Monday to Friday, 8am-5pm or send us an email at [lvgastr.com](mailto:lvgastr.com)

### **Facility Location: LAS VEGAS ENDOSCOPY (LVE)**

**7315 S. PECOS ROAD, SUITE 103 LAS VEGAS, NV 89120 Phone: 702-855-0550**



*CANCELLATION POLICY In order to provide the best care and service to our patients, we ask that you notify us 3 days in advance to cancel or reschedule your appointment Please be advised that failure to do could result in a missed appointment fee of \$75. After 3 missed appointments (failure to show or call), you may be discharged from care as a direct result of being non-compliant to treatment.*

# Colonoscopy Bowel Preparation Instructions

## GOLYTELY® / TRILYTE ®

**IMPORTANT** If the bowel is not clean when you arrive to the procedures unit, rather than giving you an incomplete and poor examination, your procedure will need to be rescheduled.

**PLAN AHEAD** Purchase prep items listed on page 3 ahead of time.



**DISCUSS MEDICATIONS** and any health conditions you have with your doctor. Your doctor will provide instructions for how to appropriately adjust your medications prior to your procedure. Instructions may include the following changes:

- Stop medications that are for diarrhea (Imodium®, Kaopectate®) or that contain iron 7 days prior to your procedure.
- You will need to temporarily discontinue blood thinners prior to your procedure. The length of time to stop your medication depends on the drug you are taking. Please consult your prescribing doctor.
- If you are diabetic, your medications may need to be adjusted. Please consult your prescribing doctor.
- Take your usual morning medications (including blood pressure medications), at least 4 hours prior to your procedure with a small amount of water.



**ARRANGE** for a friend or family member to drive you home after the colonoscopy, as you will still be drowsy from sedation and it is unsafe to drive.

- You must have an adult accompany you home the day of your procedure, even if you take a cab. The medical procedure staff must be able to contact whoever will accompany you. If this person cannot be confirmed prior to the procedure, your procedure will be rescheduled for your safety.
- You should not drive a car, operate machinery, or make any legal decisions until the day after your procedure.



**3 DAYS PRIOR** to your procedure, **eat a LOW RESIDUE DIET**. A low residue diet limits high fiber foods.

**HIGH FIBER FOODS TO AVOID INCLUDE:**

- Whole grain breads, oatmeal/cereals, granola
- Nuts, seeds, raw/dried vegetables or fruit (NO salads)
- Beverages with pulp
- Nutritional supplements that contain fiber
- Pepper, beans, corn/popcorn

**FOODS YOU MAY EAT INCLUDE:**

- Cream of wheat/grits, white rice, and refined pastas/noodles
- Cooked fresh/canned vegetables
- Vegetables without seeds including asparagus, beets, carrots, mushrooms, green beans, and potatoes without skin
- Bananas, soft cantaloupe, honeydew, avocado
- Chicken, fish, beef, pork, tofu, eggs
- Margarine, butters/oils, smooth sauces and dressings
- Cakes, cookies, pudding, ice cream without nuts or seeds
- Hard candy, popsicles, yogurt and cheese



**1 DAY PRIOR** to your procedure, **eat only a CLEAR LIQUID DIET**. A clear liquid diet consists only of liquids that you would be able to read a newspaper through.

**CLEAR LIQUID DIET INCLUDES:**

- Water, mineral water
- Clear fruit juices without pulp (apple, white grape, white cranberry, lemonade, etc.)
- Clear carbonated and non-carbonated soft drinks or sports drinks
- Store-bought and >99% fat-free broth (chicken, beef, vegetable, or bone broth)
- Popsicles or gelatin (such as Jell-O)
- Coffee or tea (without milk or cream)

**IMPORTANT** If the bowel is not clean when you arrive to the procedures unit, rather than giving you an incomplete and poor examination, your procedure will need to be rescheduled.



**1 DAY PRIOR** to your procedure, you should also **TAKE THE COLON PREP MEDICATION**. Please follow the instructions on your prescription.

**1. YOUR PREPARATION – GoLYTELY/Trilyte®**

- You will receive one, 4-liter container with powdered bowel preparation.

**2. PREPARING YOUR BOWEL PREPARATION**

- **2 nights before your colonoscopy**
  - Fill the GoLYTELY/Trilyte bottle with water to the indicated line on the side of the bottle. Shake vigorously and refrigerate overnight.

**3. DRINKING YOUR BOWEL PREPARATION**

- **Between 3-6 PM the night before your procedure**
  - Shake vigorously again and drink half of the bottle (2 liters): one, 10 oz. glass every 10-15 minutes. If you are able, walk about while drinking the liquid.

**4. DRINKING YOUR BOWEL PREPARATION**

- **6-8 hours before your procedure**
  - Drink second half of the bottle (2 liters) as shown on left.



**WHAT TO EXPECT**

- You will develop significant diarrhea after drinking the preparation. Plan to be near a bathroom. This is normal as it means the medication is working to clear stool from your colon.
- Most people feel mild bloating and mild abdominal cramps. This is normal. Drinking the prep medication more slowly and over a longer period of time can help alleviate these symptoms.
- A successful colon prep will cause you to have clear yellow (“tea-colored”) liquid stools.
- Please finish your preparation regardless of your stool color.



**STAY HYDRATED** with at least 12 tall glasses (about 8-10 ounces each) of clear liquids throughout the day in addition to what you drink with your bowel prep medication to prevent dehydration.



**4 HOURS BEFORE** your procedure, you should **STOP DRINKING ALL CLEAR LIQUIDS AND MEDICATIONS**. This means that you should not have anything to eat or drink 4 hours before your colonoscopy and onward.