



Nevada Gastroenterology

Patient Name: _____ Appt Date: _____

Check-In Time: _____

COLONOSCOPY PREPARATION

- | | | |
|--------------------------|---------------------------------------|--------------|
| <input type="checkbox"/> | Great Basin Surgical Center | 775-738-5151 |
| <input type="checkbox"/> | Northeastern Nevada Regional Hospital | 775-753-4700 |
| <input type="checkbox"/> | Humboldt General Hospital | 775-635-5222 |

Your physician has determined that a Colonoscopy is necessary to evaluate your Colon (large intestine). A quality examination and good results will be dependent 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.

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.

SPECIAL CONSIDERATIONS:

If any of the following applies to you, please let us know well in advance of the procedure so that we can provide special instructions:

- ~ You take any blood thinners such as Coumadin/Warfarin
- ~ You have an artificial heart valve or a condition requiring antibiotics
- ~ You have diabetes

***IF YOU HAVE ANY QUESTIONS, PLEASE CALL OUR OFFICE PRIOR TO YOUR PROCEDURE SO WE MAY TAKE CARE OF ANY CONCERNS AHEAD OF TIME**

NVGI
1775 Browning Way, Suite 102
Elko, NV 89801
(775) 738-0500 – Phone
(775) 738-0555 - Fax



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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 thinners prescribed by a doctor, please notify our office. Do not stop taking blood thinners prescribed by your doctor without your doctor's permission

THE DAY BEFORE YOUR PROCEDURE: _____/_____/_____

In the morning:

- Eat a light breakfast before 9:00 am and then clear liquids only from that point on
- You may take your normal prescription medication

For the rest of the day:

- Have a clear liquid lunch and **remain on a clear liquid diet all day!**
- You may consume the following:

Water, Fruit Juices, Soft Drinks, Strained Soups, Bouillon, Jell-O, Popsicles, Black Coffee, Tea, and Lifesavers

- **Do Not** consume any **solid food, drinks with pulp, dairy products, or anything in RED/PURPLE in color**

THE EVENING BEFORE YOUR PROCEDURE: ____/____/_____

At approximately 6:00 pm:

- Pour ONE (1) 6 oz bottle of Suprep liquid into the mixing container
- Add cold drinking water to the 16oz line on the container and mix
- Drink ALL of the liquid in the container
- You **MUST** drink two (2) more 16oz containers of water over the next hour

FAILURE TO TAKE THIS PREP AS INDICATED MAY RESULT IN A POORLY CLEANSED COLON AND POSSIBLE CANCELLATION OF YOUR PROCEDURE

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THE MORNING OF YOUR PROCEDURE: / /

At approximately _____ (4 HOURS BEFORE PROCEDURE)

- Pour one (1) 6 oz. bottle of Suprep liquid into the mixing container
- Add cold drinking water to the 16oz line on the container and mix
- Drink all the liquid in the container
- You must drink two (2) more 16oz containers of water over the next hour

AT _____

***NOTHING TO DRINK THREE HOURS PRIOR TO YOUR PROCEDURE**

~The surgical nurses (@ the facility that will be performing your procedure) will be calling you several days before your procedure to review your medical history

~Do Not take your usual morning medications the day of the procedure (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. Watch your levels and if needed, you may have small sips of juice to get your levels where they need to be

~Plan on being at the surgical facility for approximately an hour and half to two hours. If your procedure is scheduled at one of the hospitals, you can plan on a total of four hours

~If you are coming from out of town or staying at a place other than your residence, please call our office and leave a phone number where you can be reached

YOU WILL NOT BE ABLE TO DRIVE A CAR, OPERATE ANY MACHINERY, OR GO BACK TO WORK UNTIL THE FOLLOWING DAY

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