

CARSON VALLEY HEALTH GASTROENTEROLOGY

COLONOSCOPY

Procedure Location:

Carson Valley Health Surgery Center
1107 US Highway 395 N
Gardnerville, NV 89410

Procedure Date: _____

Bowel Preparation Instructions

Your colon must be completely clean for your provider to perform a safe and thorough examination. Please follow the instructions below carefully.

5-Days Before Your Procedure

Low-Fiber Diet

Beginning 5 days before your procedure, you will need to eat only low-fiber foods. Stop taking fiber supplements or anti-diarrheal medications.

The Day Before Your Procedure

Clear Liquid Diet Only

Beginning when you wake up the day before your procedure, consume **ONLY clear liquids** for breakfast, lunch, dinner, and snacks.

Clear Liquid Examples

- ✓ Water
- ✓ Clear broth or bouillon
- ✓ Apple juice or white grape juice
- ✓ Sports drinks (avoid red or purple colors)
- ✓ Ginger ale, Sprite, or other clear sodas
- ✓ Tea or coffee (without milk, cream, or non-dairy creamer)
- ✓ Plain Jell-O (not red or purple)
- ✓ Popsicles (not red or purple)

Do NOT Have

- ✗ Solid foods
- ✗ Milk or cream
- ✗ Smoothies
- ✗ Orange juice or juice with pulp
- ✗ Alcohol
- ✗ Red or purple liquids

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Bowel Prep Schedule

If Your Colonoscopy Is Scheduled BEFORE 1:00 PM

Evening Before Your Procedure

At approximately **5:00 PM**, begin drinking your bowel preparation solution.

- Drink **8 ounces every 20 minutes**
- Continue until you have finished the **entire gallon**
- Most patients complete the preparation within **3–6 hours**

After Midnight

Do not eat or drink anything after midnight except approved medications.

If Your Colonoscopy Is Scheduled AFTER 1:00 PM

Evening Before Your Procedure

At approximately **5:00 PM**, begin drinking the bowel preparation solution.

- Drink **8 ounces every 20 minutes**
- Complete **one-half gallon** of the preparation over approximately 3–4 hours

Morning of Your Procedure

At approximately **5:00 AM**, begin drinking the remaining bowel preparation solution.

- Drink **8 ounces every 20 minutes**
- Complete the remaining half gallon within approximately 3–4 hours
- Finish the **entire gallon by 9:00 AM**

Clear Liquids on Procedure Day

You may continue clear liquids until **9:00 AM** on the day of your procedure.

After 9:00 AM, do not eat or drink anything except approved medications.

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Medication Instructions

If you take medications for:

- High blood pressure
- Heart conditions
- Lung or breathing conditions

Continue taking them at your usual time with **no more than 1 ounce of water**, unless instructed otherwise by your provider.

Stop These Medications 3 Days Before Your Procedure

- Iron supplements
- Aspirin (unless otherwise directed)
- Ibuprofen (Motrin, Advil)
- Naproxen (Aleve, Naprosyn)
- Excedrin products

Blood Thinners

Please contact our office if you take:

- Eliquis (apixaban)
- Coumadin (warfarin)
- Plavix (clopidogrel)
- Lovenox (enoxaparin)
- Ticlid (ticlopidine)
- Dipyridamole
- Any other blood thinner

Your provider will give you specific instructions regarding these medications.

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IMPORTANT

Nothing by Mouth

Do not drink any liquids, chew gum, suck on candy, or put anything in your mouth during the **3 hours before your scheduled procedure time.**

Transportation

You will receive sedation during your procedure.

A responsible adult **must** be available to drive you home after your procedure. For your safety, you may not drive yourself home.

Arrival Time and Procedure Duration

The Surgery Scheduling Department will contact you 3 days before your procedure with your exact arrival time and procedure time. The procedure typically lasts 20-30 minutes, followed by a 30-minute recovery period.

After Your Procedure

You can normally return to work the next day. You should have no restrictions unless otherwise indicated by your provider after your procedure.

You can resume eating your normal diet or whatever you can tolerate after the procedure, unless otherwise directed by your scoping provider.

Questions?

Carson Valley Health Gastroenterology

 775.783.4800

Carson Valley Health Surgical Center

 775.782.1595