

DIGESTIVE SPECIALISTS, INC.

PREP INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY

Please inform us if you have any of the following conditions:

- Taking blood thinner such as Coumadin or Plavix
- Diabetes
- artificial heart valve
- Heart defibrillator
- History of a heart attack or stroke in the past six months
- Pregnancy

<p><b>DATE:</b> _____ <b>TIME OF ARRIVAL:</b> _____</p> <p><b>PLACE:</b></p> <p><input type="checkbox"/> <b>Kettering:</b> 999 Brubaker Dr (Blue Canopy) Suite 2 _____ Suite 3 _____</p> <p><input type="checkbox"/> <b>Dayton:</b> 7211 N. Main Street, Suite 5 _____</p> <p><input type="checkbox"/> <b>Huber Heights:</b> 7415 Brandt Pike _____ (Blue Canopy)</p> <p><input type="checkbox"/> <b>Springboro:</b> 77 W. Eleanor</p>	<p><b><u>COLONOSCOPY PREP</u></b></p> <ol style="list-style-type: none"> <li>1. Obtain 255 gm bottle of Miralax at any pharmacy.</li> <li>2. 4 Chewable Simethicone 80 mg tablets</li> <li>3. 2 Dulcolax tablets</li> </ol>
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You are scheduled with Dr. \_\_\_\_\_. The medical assistant's number is 293-4424 Ext. \_\_\_\_\_. After 5:00 P.M. or on weekends, call 937-293-2169 to page your doctor.

Please review **Patient Procedure Information** brochure line by line to make your preparation a success.

**Special Instructions:** \_\_\_\_\_

- **7 days before your procedure - Date** \_\_\_\_\_
  - **Do not eat any Olestra products** such as Lays light or Ruffles light potato chips, Tostitos light, Doritos light and Fat Free Pringles.
  - Stop taking iron supplements
  - Stop taking aspirin
  - Stop taking **aspirin, unless** given to you by your doctor for heart condition or stroke, then you should continue taking it.

- **Day before procedure: Do not eat any solid foods and start taking a clear liquid diet as instructed below**

**No solid foods starting on this date:** \_\_\_\_\_ (clear liquids only)

**Gatorade is the preferred clear liquid over water (no red or purple)**

Clear fruit juices, white grape juice and apple juice,

Kool-Aid or PowerAde (no red or purple)

Clear soup, broth or bouillon

Water, Tea, or coffee without cream

Hard candies

Soda pops, 7-Up, Sprite, orange soda, Ginger Ale or any other clear pop

Jell-O or Popsicles, no red or purple

- Starting at 8:00 am drink minimum of one glass of clear liquid every hour until 1:00 pm. (**total of 6 glasses** then drink as much as you can upto 4:00 p.m.)
  - No alcoholic beverages.
- **Take a dose of Fleets Phospho soda at 7 p.m** Date \_\_\_\_\_)
  - Mix 1 ½ oz Fleets Phospho-Soda to ½ glass of water, Ginger Ale, 7-Up, Sprite, apple juice or Gatorade and drink.
  - Immediately this with a glass of clear liquid and two chewable simethicone 80 mg tablets.
- **At 9:00 p.m.** . resume clear liquids up until \_\_\_\_\_(5 hrs before arrival time).
  - You may have as much clear liquids as you like during this time
  - Take evening medications between 9 and 10 p.m.
- **You may not have anything to drink 5 hours before your arrival time**
- **BRING A LICENSED DRIVER** You will not be allowed to drive home. Please bring someone with you. You may not take a CAB alone.
- **After your procedure:**
  - Restart all medications as prior to the procedure unless otherwise instructed by the doctor.
  - Drink one glass of clear liquid every hour for the next four hours.
  - Resume your usual diet unless otherwise instructed by the doctor.



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