

DIGESTIVE ENDOSCOPY CENTER

PREPARING FOR YOUR COLONOSCOPY. PLEASE READ AT LEAST 7 DAYS PRIOR TO PROCEDURE.

Procedure Date and Arrival Time: _____

Provider/ MA phone number: _____

Location:

___ 4340 Clio Rd, Dayton 45459 ___ 1530 Needmore Rd., Dayton 45414 ___ 5697 Shull Rd., Huber Heights 45424 ___ 77 W. Eleanor Dr., Springboro 45066

___ Miami Valley Hosp – 1 Wyoming St, Dayton 45409 ___ Miami Valley Hosp South, 2400 Miami Valley Dr. Centerville 45459

___ Kettering Medical Center – 3535 Southern Blvd, Kettering 45429 ___ Kettering Health Miamisburg (Sycamore)- 4000 Miamisburg Centerville Rd, 45342

IMPORTANT INFORMATION TO REVIEW AT LEAST 7 DAYS PRIOR TO PREPPING FOR YOUR COLONOSCOPY:

If you are on medication to thin your blood (an anticoagulant or anti platelet) do not stop your blood thinning medications until you hear from our office. We will contact your physician who prescribes this medication for instructions and notify you. If you are on aspirin or NSAIDS you may continue to use these medications.

PURCHASE: 1 – Bowel Prep – prescription sent to the pharmacy.

7 DAYS PRIOR:

-AVOID all nuts, seeds, lettuce, popcorn, and tomato skin.

-If you take GLP-1 agonists (Ozempic, Rybelsus, Byetta, Mounjaro, Victoza, Trulicity and Bydureon BCise etc.), hold for 7 days prior to procedure.

- If you take an oral chemotherapy medication, such as Tassigna or Sprytec, please call the number above or the office at 937-534-7330.

5 DAYS PRIOR: Stop taking iron or vitamins that contain iron.

DAY BEFORE THE PROCEDURE:

-If you are diabetic and you use insulin, insulin pump or non-insulin injectables: take ½ dose the morning prior to procedure. No insulin the evening prior to and day of your procedure.

-Consume only clear liquids in place of solid foods. Drink plenty of clear liquids.

Clear liquid diet items are: *AVOID ANYTHING PURPLE OR RED* *NO ALCOHOL*

Water Vitamin Water Broth/Bouillon Jell-O Coffee/Tea (no cream/milk) Apple or White Grape Juice Sports Drink Popsicles Pop/Soda

-Find the prep on page 2 or 3 and begin preparing and taking prep as instructed.

-12pm (day before the procedure): Take 2 Dulcolax (Bisacodyl) tablets (over the counter medication)

DAY OF THE PROCEDURE: DO NOT EAT FOOD; CONTINUE PREP INSTRUCTIONS ON PAGE 2

If you are diabetic, hold your oral diabetic medication. Check your blood sugar often. If your blood sugar gets low, drink sips of clear fruit juice or glucose tabs.

It is very important that you take your blood pressure, seizure, or heart medication as usual. Using small sips of water, take your prescription medication as you usually do unless you have been instructed to “hold” the medication prior to the procedure.

4 HOURS PRIOR TO YOUR PROCEDURE ARRIVAL TIME, STOP ALL LIQUIDS: Have NOTHING BY MOUTH, including no gum, hard candy, or chewing tobacco, or your PROCEDURE MAY BE CANCELLED.

DO NOT SMOKE THE DAY OF YOUR PROCEDURE. NO SMOKING/ INGESTING/ VAPING/ MARIJUANA 24 HOURS PRIOR TO YOUR PROCEDURE.

FEW REMINDERS:

- You must have a driver.
- If you have asthma, bring your inhaler with you.
- Bring a list of your current medication and any medication allergies.
- Bring your insurance cards and driver’s license/picture ID.
- If you have an implanted cardiac defibrillator or pacemaker, bring the card identifying the device manufacturer, model, and serial number.
- Wear comfortable clothing and shoes.

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CLENPIQ PREP

At 12 PM DAY PRIOR

-Take 2 Dulcolax tablets

At 4 PM THE DAY PRIOR:

-Drink the first bottle of your Clenpiq, followed by five 8-ounce cups of clear liquids within 5 hours.

6 HOURS BEFORE YOUR PROCEDURE TIME:

- Drink the second bottle of Clenpiq, followed by drinking 8 ounces of clear liquid every 15 minutes until you have total of 3 glasses.

- NOTHING else by mouth prior to procedure

- **DO NOT REFRIGERATE PREP**

OCL (Nulytely, Gavilyte, Trilyte, Golytely)

AT 12 PM Day Prior:

-Take 2 Dulcolax tablets

AT 4 PM THE DAY PRIOR:

-Mix the prep solution by adding water to the fill line. Drink eight 8-ounce glasses of the prep.

6 HOURS PRIOR TO YOUR PROCEDURE:

-Drink another eight, 8-ounce glasses of the prep over the next 2 hours,

-NOTHING else by mouth prior to the procedure.

PLENVU, SUPREP

At 12 PM DAY PRIOR

-Take 2 Dulcolax tablets

May refrigerate each dose a few hours prior to starting prep.

AT 4 PM: (Day Prior)

-Mix Dose 1 pouch with 16 oz of water in container provided. Mix well. Drink the first dose of your prep; 16 ounces over 30 minutes. Then drink 32 ounces of a clear liquid of your choice.

***Continue clear liquids until bedtime.**

6 HOURS BEFORE YOUR PROCEDURE TIME:

-Mix Dose 2. Drink the second dose of your prep; drink 16 ounces over 30 minutes. Then drink 32 ounces of a clear liquid of your choice.

-NOTHING else by mouth 4 hours prior to the procedure.

SUFLAV PREP

AT 12 PM Day Prior:

- Take 2 Dulcolax tablets

AT 4 PM THE DAY PRIOR:

1. Open 1 flavor-enhancing packet and pour the contents into 1 bottle. (provided)
- OPTION-can replace flavor-enhancing packet with own desired packet

2. Fill the bottle with lukewarm water up to the fill line. Cap the bottle and shake until all powder has dissolved.

- OPTION: may refrigerate for 1 hour before drinking. **DO NOT FREEZE.**

3. Drink 8 ounces of solution every 15 mins until bottle is empty

4. Drink an additional 16 ounces of water during the evening

6 HOURS BEFORE PROCEDURE TIME:

-Repeat Steps 1-3 above.

-Drink an additional 16 ounces of water over 2 hours.

-STOP DRINKING LIQUIDS 4 hours prior to procedure time

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MIRALAX PREP

-1 Bottle of MiraLAX (238 gm)
-112 oz of Gatorade or other clear liquids. NOTHING RED OR PURPLE.

AT 12 PM DAY PRIOR: Take 2 Bisacodyl laxative tablets.

AT 4 PM: (Day Prior)

-Drink an 8-ounce glass with a capful of MiraLax every 15 minutes (total of 7 glasses over 2 hours)

***Continue clear liquids until bedtime.**

6 HOURS BEFORE PROCEDURE TIME

-Drink an 8-ounce glass with a capful of MiraLax every 15 minutes (total of 7 glasses over 2 hours)

The entire MiraLax bottle should be consumed.

NOTHING else by mouth 4 hours prior to the procedure.

MOVIPREP PREP

At 12 PM DAY PRIOR

- Take 2 Dulcolax tablets

AT 4 PM THE DAY PRIOR:

-Mix 1 pouch A and B into container provided. Add water to top line. Mix. Drink over the next hour

6 HOURS BEFORE PROCEDURE TIME:

- Repeat prep as done at 5pm.

-Nothing else by mouth 4 hours prior to procedure.

SUTAB PREP- PILL PREP

At 12 PM DAY PRIOR

-Take 2 Dulcolax tablets

AT 4 PM DAY PRIOR:

Step 1: Open 1st bottle (12 tabs)

Step 2: Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water and drink the entire amount over 15-20 minutes. **If you become uncomfortable, take the tablets and water slowly.**

Step 3: Approximately 1 hour after the last tablet is

swallowed: Fill the provided container a second time with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.

Step 4: Approximately 30 minutes after finishing the second container of water:

Fill the provided container with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.

***Continue Clear liquids until bedtime.**

(Continue SUTAB PREP)

6 HOURS BEFORE PROCEDURE TIME: Repeat step 1-4 - using the second bottle of tablets (12 tabs)

- NOTHING else by mouth 4 hours prior to the procedure