

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

Procedure Date and Arrival Time

Location:

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

__ Miami Valley Hospital- 1 Wyoming St. Dayton, 45409

__ Miami Valley Hospital, South- 2400 Miami Valley Dr., Centerville, 45459

__ Kettering Medical Center- 3535 Southern Blvd. Kettering, 45429

__ Kettering Health Miamisburg (Sycamore) 4000 Miamisburg Centerville Rd, Miamisburg, 45342

Provider & Phone number:

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

--If you are on a 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 Preparation- prescription sent to the pharmacy

7 DAYS PRIOR:
 - AVOID all nuts, seeds, lettuce, popcorn, and tomato skin.

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

DAY BEFORE THE PROCEDURE:

--If you are diabetic and you use insulin or an insulin pump:
 - take ½ dose of insulin the morning prior to procedure.
 - no insulin the evening prior to and day of procedure

-Consume only clear liquids in place of solid foods
-Drink plenty of clear liquids.
-Find the prep on page 2 and begin preparing and taking prep as instructed

Clear liquid diet items are:
***AVOID ANYTHING RED OR PURPLE**

- Water
- Vitamin Water (not red or purple)
- Broth/ Bouillon
- Jell-O (not red or purple)

- Coffee- no cream/milk
- Tea- no cream/milk
- Apple or White Grape Juice
- Sports Drink (not red or purple)
- Popsicles (not red or purple)
- Pop/Soda (not red or purple)
- ALCOHOL IS NOT PERMITTED ANYTIME IN THE MORNING.**

12 pm (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 clear fruit juice or glucose tabs.

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

-Do not smoke before your 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.

A FEW REMINDERS:

- You must have a driver.
- If you have asthma, bring your inhaler with you.
- Bring a list of your current medications 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.
- NO smoking/ ingesting/ vaping marijuana 24 hours prior to procedure.**

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CLENPIQ PREP

At 12 PM DAY PRIOR

-Take 2 Dulcolax tablets

At 5 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 oz 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 4PM 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, and then NOTHING else by mouth prior to the procedure.

SUTAB PREP

At 12 PM DAY PRIOR

-Take 2 Dulcolax tablets

At 5 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.**

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

PLENVU, SUPREP

At 12 PM DAY PRIOR

-Take 2 Dulcolax tablets

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

At 5:00PM: (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.

MOVIPREP PREP

At 12 PM DAY PRIOR

- Take 2 Dulcolax tablets

At 5:00 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 month 4 hours prior to procedure.

MIRALAX PREP

1 Bottle of MiraLAX (238 gm)
112 oz of Gatorade (not red or purple)

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

At 5:00PM: (Day Prior) Pour the Gatorade (or your substituted non-carbonated clear liquid) into a 3 ½ quarts. Pour the entire bottle of powdered laxative into the non-carbonated clear liquid and mix well. The powder will dissolve more easily if the non-carbonated clear liquid is at room temperature. Drink an 8-ounce glass of the laxative mixture every 15 minutes until half the solution is gone (7 glasses over 2 hour)

***Continue clear liquids until bedtime.**

6 HOURS BEFORE PROCEDURE

TIME Drink the second dose of your prep; 8 ounces every 15 minutes until the entire container is consumed. (Drink within 2 hours)

NOTHING else by mouth 4 hours prior to the procedure.