

- **ITEMS TO PURCHASE**

- 1) Take the enclosed prescription for to your pharmacy.
- 2) Four chewable simethicone tablets. No prescription is needed as these are over the counter. Examples are Gas X, Phazyme or a generic equivalent.

- **MEDICATION RESTRICTIONS**

1. Continue to take your regular prescribed medications as you normally would prior to your procedure unless indicated otherwise. **If you are diabetic, do NOT take your oral medication the morning of procedure: if you are on insulin please contact the prescribing physician for dosage instructions.**
2. **If you take an iron tablet or Ferrous Sulfate this will need to be discontinued 5 days prior to your procedure.** This does not include a multi vitamin. **Your last dose will be _____.**
3. **If you take Coumadin, Warfarin, Pradaxa, Xarelto, Eliquisor Savaysa please CALL THE OFFICE AS SOON AS POSSIBLE** for instructions. Do not stop any other blood thinners unless you have been instructed to do so. **If you are on Coumadin/Warfarin enclosed is a lab slip for a PT/INR that will need to be drawn the day prior to the procedure. Your last dose of your blood thinner will be _____.** **If after your procedure has been scheduled and you have been newly placed on a blood thinner or your current blood thinner has been changed please call our office.**
4. If you use an inhaler for lung disease (e.g. asthma, emphysema) on a daily basis, please take your usual dose on the day of your exam prior to the procedure. **Please bring your inhalers with you.**
5. Bring a complete list of current medications, photo ID, insurance cards.
6. After your examination:
 - You may not work or drive the day of your procedure. **A RELATIVE OR FRIEND (OVER 18) MUST ACCOMPANY YOU AND MUST REMAIN ON THE PREMISES. FAILURE TO DO SO MAY RESULT IN CANCELLATION OF YOUR PROCEDURE.** Taking a cab is not an option unless someone comes with you.
 - You should not plan to engage in any activity requiring physical coordination or mental alertness until the next morning.

SEE OTHER SIDE OF THIS PAGE FOR SPECIFIC PREP INSTRUCTIONS
If you have any questions, or are having difficulty tolerating prep
please feel free to call our office.

419-471-1350 EXT

- DATE _____ Avoid seeds, nuts, popcorn, raw vegetables, and fruits with skin. Eat light, examples are chicken, fish, pasta. Vegetables must be well cooked.
- DATE _____ YOU MAY HAVE NOTHING BUT CLEAR LIQUIDS FROM THE TIME YOU WAKE UP (NO RED OR PURPLE)

Clear liquids include: **Clear broth or Bouillon** (chicken, beef, onion); **Juice** (apple, orange, lemonade)—**NO PULP**. **Water/Coffee/Tea allowed** (Sugar is OK but **NO CREAM OR MILK**); **Jell-O/Popsicles/Soda Pop/Hard candies are allowed**.

AVOID: ALL SOLID FOODS, ANYTHING THICK IN TEXTURE OR CONTAINING PULP, ALL DAIRY PRODUCTS, ALCOHOL

Beginning at 5:00 PM

Pour one (1) bottle of SUPREP into the container provided and fill to the 16 oz line with cool drinking water, Sprite, 7-UP or Ginger-Ale. Mix and drink all the solution within one hour. Drinking slowly and using a straw may be helpful.

Drink two (2) more 16 oz glasses of clear liquid (see above) to follow. Take two simethicone tablets.

CONTINUE DRINKING CLEAR LIQUIDS THROUGHOUT THE EVENING

- DATE _____ CONTINUE ON WITH CLEAR LIQUIDS

At _____ **AM PM** Pour one (1) bottle of SUPREP into the container provided and fill to the 16 oz line with cool drinking water, Sprite/7-UP or Ginger-Ale. Mix and drink all the solution within one hour. Drinking slowly and using a straw may be helpful.

Drink two (2) more 16 oz glasses of clear liquid (see above) to follow. Take two simethicone tablets.

YOU MUST FINISH THE LAST CONTAINER OF CLEAR LIQUID BY _____ AM PM.

You may take your blood pressure, heart and seizure medication the morning of your procedure prior to completion of your prep.

YOU MAY NOT HAVE ANYTHING TO EAT, DRINK, SMOKE OR CHEW AFTER COMPLETION OF THE ABOVE PREP.

You must drink the entire prep to ensure your colon will be cleaned out. A poor prep can mean missed lesions (polyps) and cancellation and rescheduling of your procedure. GOOD PREP RESULTS = CLEAR OR YELLOW LIQUID STOOL