

PREP INSTRUCTIONS FOR COLONOSCOPY WITH **Any Prep**

Your Colonoscopy is scheduled for:



Date of Procedure: _____	Arrival Time: _____
Provider: _____	Phone: _____
Facility Name/Address: _____ _____	

IMPORTANT*READ THIS NOW

- Please review all of these instructions.
- Missed appointments or appointments that are cancelled within **72 hours of your procedure**, will be subject to a **\$100 fee**.
- Use these instructions and **NOT** the instructions listed on the colon prep packaging.
- Please see our website for Frequently Asked Questions.

Do these things 7 days before your procedure:

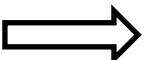
- **STOP** iron medication and iron supplements. Multivitamins are ok to continue.
- If you are taking blood thinners, the office will call you with instructions per your cardiologist.
- If you are taking diabetic/weight loss medications such as Ozempic, Trulicity or Mounjaro, and your injection is **ONCE PER WEEK**, please stop 7 days before your procedure.
- Please make sure you have a responsible adult with you when you arrive to the facility. This adult must stay at the facility during the procedure and drive you home afterwards. You will **NOT** be able to drive due to the sedation you will receive. You will not be able to take Lyft, Uber or other public transportation to or from the facility.
- If you are taking insulin or oral diabetic medications, please let our office know and call the doctor who ordered it for special dosing instructions for the day of the prep and the procedure day. We do not want your blood sugar to be too low.

Do these things 5 days before your procedure:

- Fill your prescription for one of the Prep Medications listed on the back of this form from either Ohio GI Pharmacy (513.429.7548) or your local pharmacy.
- You will need to purchase Four (4) 80mg Simethicone (gas-x). If you are receiving prep from the Ohio GI pharmacy, this will already be included for you.
- Check with your insurance because it is your responsibility to know your co-pays and deductibles.

Do these things 3 days before your procedure:

- Last chance to cancel your appointment without a \$100 fee. Not showing will also be charged a fee.
- **STOP** eating the following foods: raw fruits and vegetables, nuts, seeds, corn, beans, popcorn and multigrain foods until after your procedure.
- **STOP ALL** fiber products, such as Benefiber, Metamucil, Fiber One products and high fiber cereals until after your procedure.
- **STOP ALL** supplements such as fish oil, vitamins and calcium until after your procedure.
- **STOP ALL** diet pills or anything containing Xenical or Olestra until after your procedure.



Do these things 2 days before your procedure:

- Drink at least 8 glasses of water throughout the day.
- Confirm your driver/responsible party who will need to stay in the building during your procedure.

Do these things 1 day before your procedure:

- **DO NOT EAT ANY SOLID FOOD TODAY**
- If you are taking diabetic/weight loss medications, such as Rybelsus, Ozempic, Trulicity or Mounjaro, and your pill/injection is **EVERY DAY**, please stop 1 day before your procedure.
- You may only have clear liquids all day and night.
- **NO RED, PURPLE, ORANGE or BLUE.**
- **NO MILK PRODUCTS**
- **NO ALCOHOL or MARIJUANA (interacts with anesthesia and prevents you from signing consent)**
- Clear liquids are: water, tea or black coffee, any broth, apple juice, soda, ginger ale, Gatorade, popsicles and Jell-O (remember your color restrictions).
- The more clear liquid you drink during the day and during your prep, the better your prep will work and you will stay hydrated.
- Start drinking your prep according to instructions below.

Starting the Prep at 5pm: (Choose the one you have been given by the pharmacy)

When drinking any of the preps below, some say drinking it cold and with a straw is easier. Also, please keep in mind you are drinking a laxative so stay close to the bathroom. It could take effect within 20 minutes. It is essential to drink the amount of liquid instructed. If you experience nausea, bloating or cramping, pause or slow the rate of drinking the additional water until symptoms diminish.

- **Plenvu:**
 - Pour the packet for Dose 1 into the container provided. Fill to the fill line with lukewarm water and mix well.
 - Drink **ALL** of the solution within **30 minutes**.
 - Chew one (1) Simethicone (anti-gas, gas-x) chewable AND drink an additional one (1) of the provided container of water over the next **one (1) hour**.

Suprep:

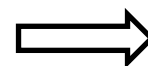
- Mix one (1) 6 ounce bottle with lukewarm water in the container provided and mix well.
- Drink **ALL** of the solution within **one (1) Hour**.
- Drink an additional one (1) provided container of water AND chew one (1) Simethicone (anti-gas, gas-x) chewable.

- **Sutab:**

- Open the first bottle of 12 tablets. Fill the provided container up to the fill line with water. Swallow 1 tablet every 1-2 minutes with a large drink of water until all tablets are gone. **DO NOT TAKE ALL 12 TABLETS AT ONCE. It is essential to take all tablets as instructed. If you experience nausea, bloating or cramping, pause or slow the rate of taking the tablets by 1-2 minutes each until symptoms diminish.**
- From 6-8pm, drink 32oz of water and chew one (1) Simethicone (anti-gas, gas-x) chewable. Continue to hydrate.

- **Suflave:**

- Open one flavor packet and pour the contents in the provided bottle and fill to the fill line with lukewarm water. Mix well.
- Drink **ALL** of the solution within **one (1) hour**.
- Drink an additional 16 ounces of water over the next hour AND chew one (1) Simethicone (anti-gas, gas-x) chewable. Continue to hydrate.



- **Gavilyte/Golytely/Peg 3350:**
 - Before 5pm, mix entire contents in the jug provided with lukewarm water and place in the refrigerator.
 - Drink an 8 ounce glass every 10-15 minutes until you have drank half of the contents.
 - Follow this with 32 ounces of water AND chew one (1) Simethicone (anti-gas, gas-x) chewable.

Do these things the day of your procedure:

Finishing the Prep: (Continue to follow the prep you have been given):

You must complete ALL steps and STOP ALL liquids 4 hours prior to your arrival time for ALL preps.

- **Plenvu:**
 - **Starting 6 hours before your arrival time**, pour the packets A and B for dose 2 in the container provided. Fill to the fill line with lukewarm water and mix well.
 - Drink **ALL** of the solution within **30 minutes**.
 - Over the next **one (1) hour**, drink one (1) of the container provided full of water and chew the remaining three (3) Simethicone tablets.
- **Suprep:**
 - **Starting 6 hours before your arrival time**, mix one (1) 6 ounce bottle with lukewarm water in the container provided and mix well.
 - Drink **ALL** of the solution within **one (1) Hour**.
 - **At 5 hours before your arrival**, drink one (1) more of the container provided filled with water AND chew the last three (3) Simethicone tablets.
- **Sutab:**
 - **Starting 6 hours before your arrival time**, open the second bottle of 12 tablets. Fill the provided container up to the fill line with water. Swallow 1 tablet every 1-2 minutes with a large drink of water until all tablets are gone. **DO NOT TAKE ALL 12 TABLETS AT ONCE. It is essential to take all tablets as instructed. If you experience nausea, bloating or cramping, pause or slow the rate of taking the tablets by 1-2 minutes each until symptoms diminish.**
 - **At 5 hours before your arrival**, drink two (2) more of the container provided filled with water AND chew the last three (3) Simethicone tablets.
- **Suflave:**
 - **Starting 6 hours before your arrival time**, open one flavor packet and pour the contents in the provided bottle and fill to the fill line with lukewarm water. Mix well.
 - Drink **ALL** of the solution within **one (1) hour**.
 - **At 5 hours before your arrival**, drink an additional 16 ounces of water over the **next one (1) hour** AND chew three (3) Simethicone (anti-gas, gas-x) chewables.
- **Gavilyte/Golytely/Peg 3350:**
 - **Starting 6 hours prior to your arrival time**, drink one (1) glass every 10-15 minutes until the container is empty.
 - **At 5 hours before your arrival**, chew the remaining three (3) Simethicone (anti-gas, gas-x) chewables with 8 ounces of water.

It is essential to drink the amount of liquid instructed. If you experience nausea, bloating or cramping, pause or slow the rate of drinking the additional water until symptoms diminish.

- **DO NOT EAT ANY SOLID FOOD UNTIL AFTER YOUR PROCEDURE.**
- You may take blood pressure, seizure and anti-anxiety medication **ONLY** at least 4 hours to arrival.
- Please use your regular inhalers the morning of your procedure and bring your inhalers with you to your procedure.
- **NOTHING** by mouth 4 hours prior to your procedure or your procedure will be canceled.
- **NO** gum or hard candy.
- Bring insurance card, photo id and all medications to your procedure.