

GASTROENTEROLOGY OF WEST CENTRAL OHIO, INC.

BOARD CERTIFIED IN INTERNAL MEDICINE AND GASTROENTEROLOGY

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PRACTICE LOCATIONS:

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INSTRUCTIONS FOR COLONOSCOPY

FROM THE PHARMACY: SUPREP BOWEL PREP KIT

FIVE DAYS PRIOR TO YOUR PROCEDURE:

- **If you have been told you need an antibiotic prior to any procedure please inform the office.**
- **STOP** all medications that contain iron, these include iron supplements and vitamins with iron. **STOP** all medications that can cause bleeding, these include: Aspirin, Advil, Aleve, Naproxen, Pradaxa, Coumadin, Warfarin, Plavix, Xarelto, Alka Seltzer, Percodan, Fish Oil, Vitamin E, Omega 3 or others. **You are responsible to check with your prescribing doctor prior to stopping.**
- **STOP** all anti-inflammatory type drugs including: Ascriptin, Celebrex, Mobic, Buffrin, Empirin, Diclofenac, Motrin, Ibuprofen, Indocin, Persantine, Ticlid, Garlic Pills, St. Johns Wart, or others.
- **STOP** all fiber supplements. **STOP** eating corn and popcorn.
- If you are a diabetic, please discuss the dosing of your diabetic medications with the physician that monitors your diabetes. Most diabetics are comfortable taking 1/2 their diabetic medications the day before the procedure and none the morning of their procedure.

TYLENOL AND OTHER BRANDS WHICH CONTAIN ACETAMINOPHEN ARE SAFE TO USE PRIOR TO PROCEDURE.

ONE DAY BEFORE THE PROCEDURE: **NO SOLID FOODS (Follow instructions on this sheet)**

- **Start the clear liquid diet at breakfast, nothing solid at all.** Do not have any milk products or anything red or purple.

Clear liquid diet suggestions: NO RED OR PURPLE

Coffee (no cream or milk substitute) Water

Tea

Jell-O (no red or purple)

Popsicles(no red or purple)

Apple Juice

Orange Drink / Juice without pulp

Cola drinks(7-up, Ginger Ale, Pepsi, Coca-cola, etc...)

Beef Broth

Chicken Broth

White Grape Juice

Lemon Drink without pulp

- If you take Sulfasalazine for bowel inflammation please stop this.
- **Begin first dose at 6:00 p.m.**
- **Begin second dose at 4:00 a.m.**
- Refer to SUPREP instruction sheet.
- Continue only clear liquids until midnight.
- **(Nothing more by mouth after midnight except the 4:00 a.m. dose of Suprep.)**

THE DAY OF THE PROCEDURE:

- If you take heart, blood pressure or seizure medication you must take it with a small sip of water up to 3 hours prior to leaving for the procedure. If not, nothing by mouth.
- **PLEASE BRING YOUR MEDICATIONS OR A CURRENT LIST INCLUDING DOSAGES.**
- **IF YOU HAVE SLEEP APNEA PLEASE BRING YOUR C-PAP or BiPAP MACHINE.**
- **YOU WILL NEED TO HAVE A RESPONSIBLE PERSON DRIVE AFTER THE PROCEDURE!! (THIS DOES NOT INCLUDE TAXI SERVICE AT MOST FACILITIES.) PLEASE DO NOT DRIVE FOR 24 HOURS AFTER YOUR PROCEDURE.**

Date: _____ Procedure Time: _____ Arrival Time: _____

____ St. Rita's Medical Center
2nd Floor (Outpatient Surgery)

____ Lima Memorial Hospital
(Outpatient) Pre-register 419-226-5030

____ Wilson Memorial Hospital (Sidney Ohio) Door 18
915 W. Michigan St Pre-Admissions Testing 937-498-5514

____ Digestive Health and Endoscopy Center
375 N Eastown Rd. 419-228-3500

*We will pre-certify this procedure however please verify coverage with your insurance.

****Specimens taken are sent to West Central Ohio Histology, LLC. Please contact your insurance company to confirm they are in network prior to your procedure. If they are not, inform the nurse that admits you to send your biopsy to either Lima Pathology or Lima Memorial Hospital.

**Please contact the office staff with any questions you may have regarding this procedure at 419-228-3500