



Gandhi GI Group
937.350.6700

Sign up for our special **Mobile Phone App** at **22 Otters** for step-by-step guidance and daily reminders of these prep instructions and your next step to a clean colon.

If you really want to know what's going on inside your colon, don't show-up for a colonoscopy without a *clean* colon.



That's because a clean colon happens to be the most important part of a successful exam. If the prep isn't done right, and your colon isn't completely clean, the danger is that we won't see important, potentially cancer-causing, polyps.

In addition the colonoscopy may take longer (increasing the risk of complications); or the entire process may need to be repeated or rescheduled.

Another great benefit to having a clean colon is that your doctor can spend more time carefully examining your colon instead of trying to wash away any waste that's left. And, that means you won't have to come in for a repeat exam.

"During a colonoscopy, we're not looking for just cancer, but also subtle lesions that can turn into cancer, so, we don't want to miss anything!"

Be sure to read these instructions carefully line by line the day you receive them. **It is very important that you follow the LOW RESIDUE DIET 2 days prior to your procedure.**

TO WATCH AN INSTRUCTIONAL VIDEO WITH MORE DETAILS ABOUT YOUR PREP

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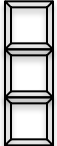


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Colonoscopy Suprep Two Day Prep Instructions

Date of Procedure: _____ Time of Arrival: _____

 **Colonoscopy Center** – 7211 North Main Street, Suite 3, Dayton, OH 45415 (937) 350-6703
Samaritan North Surgery Center – 9000 North Main Street, Dayton, OH 45415 (937) 734-5900
Kettering Medical Center - 3535 Southern Blvd, Kettering, OH 45429 (937) 298-4331

SUPPLIES NEEDED FROM YOUR PHARMACY

1. SUPREP Solution

- Prescription will be sent to your pharmacy.
- If not covered by your insurance please contact our office for further instructions.
- PURCHASE WITHIN 1-2 DAYS AFTER SCHEDULING YOUR COLONOSCOPY.



2. Dulcolax laxative tablets

- Purchase 2 TABLETS from your pharmacy.
- The generic equivalent is acceptable.
- THIS IS NOT INCLUDED WITH THE SUPREP.



3. Magnesium Citrate – 1 bottle

- This is also not included with the Suprep.
- Do not take if you have kidney disease.



CANCELLATION/NO-SHOW FEE: We ask that you contact us 3 DAYS PRIOR to your scheduled procedure if you need to reschedule or cancel. This will allow other patients waiting to have your time slot to prepare for their test. A \$75.00 fee will be charged to you if you cancel less than 3 days prior.

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IMPORTANT TRANSPORTATION NOTE:

- You cannot drive yourself home from your procedure or drive a vehicle for the remainder of the day after having a colonoscopy . Please arrange to have a responsible/licensed driver to drive you home.
- This is for your safety due to the anesthesia that you are given.
- In addition, the surgery center requires that you have a responsible party present during your entire procedure. Please help us in ensuring your safety and plan ahead for your support party.
- Patients may only ride home in a taxi or bus if they are accompanied by a responsible adult.

Questions regarding this prep:

- **Call (937) 350-6700.** Leave a message if you are calling after 5:00 pm and your call will be returned promptly.

IMPORTANT HEALTH CONDITIONS TO LET YOUR DOCTOR KNOW:

If you have any of the following conditions you may need special instructions.

- Note: If you are taking aspirin not prescribed by a physician for a medical condition please stop it 7 days prior to your colonoscopy.
- Taking Coumadin, Plavix or any other blood thinner – you will need a clearance from your cardiologist
- Diabetic or pregnant - be sure to ask for instructions to take your insulin during the prep
- Had a heart attack or stroke in the last six months
- Have an artificial heart valve or heart defibrillator
- Constipation (you may be given some additional prep instructions)

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Follow these Step-by-Step Instructions to prepare you for your colonoscopy

DO NOT FOLLOW THE INSTRUCTIONS ON THE SUPREP BOX

- **7 days before your procedure:** Stop taking aspirin if not prescribed by your doctor for a medical condition
- **7 days before your procedure:** Stop taking any iron supplements
- **2 days before your procedure: Date:** _____
Start on a **LOW Residue Diet** and continue the entire day – Drink plenty of fluids

FOODS ALLOWED on Low Residue Diet

- **WHITE** bread, rolls, bagels and english muffins (no wheat or whole grain)
- **WHITE** rice, regular pasta, noodles & macaroni (no wheat or whole grain)
- Potatoes - baked/boiled and mashed, white and sweet without skin
- White soda crackers, tea biscuits and plain white melba toast
- Cereals such as Cream of Wheat, Rice Krispies and Special K (no grain cereals)
- Pancakes & waffles made from white flour
- Tender meat, poultry & fish (should completely dissolve in your mouth, not tough or chewy)
- Eggs & tofu
- **Creamy** peanut butter – up to 2 tablespoons daily
- Milk and dairy foods made from milk (such as yogurt, pudding, ice cream, cheeses & sour cream)
Limit: 2 cups daily (including any used in cooking)
- Butter, margarine, oils & salad dressings without seeds
- Desserts with no whole grains, seeds, nuts, raisins or coconut

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DO NOT EAT ANY OF THE FOLLOWING FOODS 2 DAYS PRIOR TO YOUR PROCEDURE

If you consume any of the following foods, your prep will not be sufficient, your doctor will not be able to perform a good exam and colon cancer can be missed! However, if you forget and eat one of these foods you do not need to call the office, just resume the diet as instructed and try to follow it as closely as possible. Your prep will just be working harder to clean out your colon.

- **Whole-wheat or whole-grain breads, cereals, & pastas**
- **Brown or wild rice; other whole grains such as oats, kasha, barley & quinoa**
- **Dried beans, peas, & lentils**
- **ALL FRUITS AND VEGETABLES – RAW, COOKED OR DRIED**
 - Do not eat any of the following: spinach, kale, lettuce, green beans, brussel sprouts, broccoli, collard greens, peas, cauliflower, corn, apples, grapes, bananas, strawberries, raspberries, cherries, blueberries, watermelon, cantaloupe, mangos etc.
 - This is **ONLY** a partial list of examples
- **Seeds & nuts, and foods containing them, coconut, popcorn & corn, prune juice**

One Day before your procedure: Date: _____

- **DRINK ONE 8 OUNCE GLASS OF WATER or CLEAR LIQUID EVERY HOUR THE DAY BEFORE YOUR COLONOSCOPY TO KEEP YOU HYDRATED**
- **Continue on LOW RESIDUE DIET for breakfast and lunch**
- **TAKE 2 DULCOLAX TABLETS AT 1:00PM**
- **After lunch FOLLOW A CLEAR LIQUID DIET FROM 2:00-4:00PM**
- **Clear liquid diet:** Water, Gatorade, chicken broth (no noodles or rice), jello (no fruit), popsicles (no purple, green or red; prefer yellow or orange), 7UP or Sprite (no Coke or dark colored colas), hot or cold tea, NO coffee, NO milk products, no clear liquids that are purple, green or red
- **4:00PM-6:00PM – DO NOT HAVE ANYTHING TO EAT OR DRINK**

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1st Dose of SUPREP

6:00PM - DAY BEFORE YOUR PROCEDURE

- Pour ONE (1) 6 ounce bottle of SUPREP liquid into the mixing container.
- Add cool drinking water to the 16-ounce line on the container and mix.
- Drink ½ of the liquid in the container.
- Wait 15 minutes then drink the rest of the liquid in the container.
- ½ hour after you finish drinking the prep, drink at least 4 glasses of clear liquid to remain well hydrated until the second part of the prep.

2nd Dose of SUPREP

- **_____ AM - 4 hours prior to your arrival time start the 2nd dose**
- Repeat same as 1st dose by mixing the Suprep with cool drinking water and drink ½ of the solution.
- Wait 15 minutes then drink the rest of the liquid in the container.
- ½ hour after you finish drinking the prep, drink at least 4 glasses of clear liquid to remain well hydrated.
- **If your stools are not clear after taking the entire prep and you cannot see the bottom of the toilet or if you have been instructed to do so.**
 - **Drink the entire bottle of Magnesium Citrate**
 - **Refer to the sample pictures of “adequate”/”inadequate” prep on page 9**
- Do not have anything to eat or drink after drinking the 4 glasses of clear liquid and/or magnesium citrate. Do not chew gum.

DO NOT EAT OR DRINK ANYTHING 2 HOURS PRIOR TO YOUR ARRIVAL TIME

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Helpful Tips:

- Drink the prep chilled
- Drink it through a straw placed far back on your tongue
- It is better to drink it down versus sipping on it
- Hold your nose and drink it as quickly as possible
- Quickly suck on a lemon slice after you finish each glass
- Hold a lemon or lime under your nose while you drink
- Use baby wipes instead of toilet paper
- Apply Vaseline if needed to eliminate soreness in the rectal area

What to expect after drinking SUPREP and how long will it take until I see results or will the prep start to work?

- After starting to drink the SUPREP you will start to experience loose stools and then diarrhea. It is different with each patient, sometimes the prep can start to work right away or others it may take 2-3 hours. The goal is for the stools to be clear which means that the colon is emptied of all of its content.
- Wear loose clothing during this time of preparation and stay near the bathroom. Better yet, once the preparation starts to work, stay in the bathroom – because when the urge hits, it's hard to hold back. Consider setting up shop near the toilet with your music, your laptop, magazines or books.

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Do I need to drink all of the prep even if my stools are clear? It is very important to drink **ALL** of the prep. Our goal is that your stools are clear – clear is defined as being able to see the bottom of the toilet bowl. Again, this will ensure that your colon is clean, your doctor will be able to perform an optimal exam so that polyps and colon cancer are not missed.

What if I feel nauseated or I start to vomit?

If you feel nauseated or vomit while drinking the prep and you have not finished the entire dose, stop **drinking any prep until the nausea/vomiting subsides for 1 hour**. Then restart the prep. If you are not able to finish drinking all of the prep call (937) 350-6700 for further instructions, even if it is after hours.

Can I take my medications before my procedure? You may take heart, blood pressure and seizure medications up to 3 hours prior to your arrival time with a small amount of water. Do not take your medications while drinking the prep or they will not get absorbed.

Preparation for your visit to our Center and what to expect the day of your procedure:

- For your comfort, warmth and modesty we invite you to wear comfortable clothes such as sports bra, sleeveless or short sleeve shirts. In addition, loose pants or sweat pants are also recommended. You will be given a gown to wear during your colonoscopy.
- **Please be sure to wear socks, preferably non-slip.**
- Please remove all jewelry of any type except wedding bands. This includes all piercings.
- Plan to give glasses and other personal items to a family member or responsible party during your visit with us.
- All women of childbearing age will be required to take a pregnancy test upon arrival prior to their procedure.

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LAST STEP TO ENSURE A CLEAR PREPARATION FOR YOUR COLONOSCOPY

After drinking ALL of your prep as directed, if you look into the toilet and see “Adequate” as pictured below then you are finished. However, if your toilet looks like the 2nd picture below, “Inadequate”, then please follow the instructions to take the Magnesium Citrate.



Adequate



Inadequate

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