

Colonoscopy Prep Instructions:

Please follow the instructions below for the prep that has been prescribed by your provider. **Do NOT follow the instructions that come with the prep kit.**

Prep Instructions are as Follows:

1. If you take **Phentermine**, **stop** 2 weeks prior to your procedure.
2. If you take **INSULIN** please check with the doctor that prescribes this for you about adjusting the dose prior to your test. The morning of your procedure please take ½ the normal dose.
3. If you take **Iron**, **stop** for 3 days prior to the procedure.
4. If you are on a GLP 1 receptor Agonists medication that is used weekly such as Dulaglutide/Trulicity, Semaglutide/Ozempic, Tirzepatide/Mounjaro you **MUST** hold this medication 1 week prior to your procedure.
5. If you are on a GLP 1 receptor Agonists medication that is used daily such Semaglutide/Rybelsus, Liraglutide/Victoza/Saxenda, Lixisenatide/Adlyxin, Exenatide/Byetter you **MUST** hold this medication 24 hour hours prior to your procedure.
6. **1 WEEK PRIOR TO THE PROCEDURE DO NOT** consume any **CORN**. This includes kernel, creamed, canned, fresh or frozen. Stop **NUTS** and anything with **SEEDS** one week prior to your procedure.
7. The **DAY BEFORE** the procedure you may **NOT** have **ANY SOLID FOOD ALL DAY**. You may have **CLEAR LIQUIDS ONLY**. This includes black coffee, tea, soda – such as Coke/Pepsi, 7-UP/Sprite, apple juice, Gatorade, fruit Popsicles, Jell-O, broth and bouillon, **BUT NOTHING** red or purple. Sugar free is fine if you prefer.
8. If you take oral diabetes, **blood pressure**, **seizure**, or **cardiac** medicines in the morning, please take them at least 2 hours prior to your procedure time. Take no other medicines unless directed to do so. No gum or mints.

SUTAB BOWEL PREP KIT

Dose 1 – The day before your procedure

1. **AT 6 PM** - Open 1 bottle of 12 tablets
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 of water over 15 to 20 minutes
3. Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16 ounces of water. Drink the entire amount over 30 minutes.
4. Approximately 30 minutes after finishing the 2nd container of water, fill the provided container with 16 ounces of water. Drink the entire amount over 30 minutes.
5. Continue to consume clear liquids only.

Dose 2 – The day before your procedure

1. For appointments **BEFORE** 12:00 pm Begin Dose 2 **AT 10:00 PM**, For appointments **AFTER** 12:00 pm Begin Dose 2 at **6:00 AM**
2. Open 2nd bottle of 12 tablets
3. Repeat steps 2-4 above.

4. Do not have anything further to drink

PLENVU BOWEL PREP KIT

Dose 1 – The day before your procedure

1. **6:00 PM**—Use the mixing container to mix the contents of the Dose 1 pouch with at least 16 ounces of water by shaking or using a spoon until it is completely dissolved. This may take up to 2 to 3 minutes. Take your time and slowly finish the dose within 30 minutes.
2. **Refill the container with at least 16 ounces of clear liquid.** Finish within 30 minutes.

Dose 2 – The day before your procedure

1. For appointments BEFORE 12:00 pm Begin Dose 2 AT **10:00 PM**, For appointments AFTER 12:00 pm Begin Dose 2 at **6:00 AM**
2. Using the mixing container to mix the contents of Dose 2 (Pouch A and Pouch B) with at least 16 ounces of water by shaking or using a spoon until it is completely dissolved. This may take up to 2 to 3 minutes.
3. **Refill the container with at least 16 ounces of clear liquid.** Finish within 30 minutes.

SUPREP BOWEL PREP KIT

Dose 1 – The day before your procedure

1. **6:00 PM**—pour one (1) 6-ounce bottle of SUPREP liquid into the mixing container provided. Add cool drinking water to the 16 ounce fill line on the container and mix. Drink all the liquid in the container.
2. You must drink two (2) more 16 ounce containers of clear liquids over the **next hour**.

Dose 2 – The day before your procedure

1. For appointments BEFORE 12:00 pm Begin Dose 2 AT **10:00 PM**, For appointments AFTER 12:00 pm Begin Dose 2 at **6:00 AM**
2. Pour one (1) 6-ounce bottle of SUPREP liquid into the mixing container provided. Add cool drinking water to the 16 ounce fill line on the container and mix. Drink all the liquid in the container.
3. You must drink two (2) more 16 ounce containers of clear liquids over the **next hour**.

MIRALAX/GATORADE BOWEL PREP

You will need to purchase the following – all are available over the counter at any pharmacy:

- 1-238 gram bottle of Miralax
- 1-box of Dulcolax Laxative Tablets (Only 4 tablets are needed)
- 2-32 oz Bottles of Gatorade (any color except Red or Purple). ****DIABETIC PATIENTS ONLY: Please use Propel Fitness Water instead of Gatorade****

The day before your procedure

1. No later than 6:00 pm take 2 Dulcolax tablets with 8 oz of water. (You may start anytime between noon and 6:00 pm).
2. One Hour after taking the Dulcolax tablets mix the entire bottle of Miralax with Gatorade or Propel water. Drink this within a 2-4 hour period.
3. After drinking the Miralax, take 2 Dulcolax tablets with 8 oz of water.
4. You may have clear liquids only again until midnight. Do not have anything further to drink after midnight.

IMPORTANT: If you experience preparation related symptoms (for example, nausea, bloating, or cramping), pause or slow the rate of drinking the additional water until your symptoms diminish

You will be sedated for this procedure. You will **NEED SOMEONE OVER THE AGE OF 18 TO DRIVE YOU HOME. NO MODE OF PUBLIC TRANSPORTATION WILL BE ALLOWED, INCLUDING TAXIS, BUSES, OR WALKING ALONE.** Please have your driver with you at check-in to verify your ride. Sedation may cause temporary loss of memory. Be aware that you may not remember results given to you by your doctor following the procedure.

Please note that like surgery, procedures take varying amounts of time depending on their complexity. While we try to remain on schedule, occasional prolonged procedures may delay subsequent ones. We will try to keep you advised of any delays.

Cancellation Policy/No Show Policy

1. Cancellation/No Show Policy for Doctor Appointment/Procedure

We understand that there are times when you must miss an appointment due to emergencies or obligations for work or family. However, when you do not call to cancel an appointment, you may be preventing another patient from getting much needed treatment. Conversely, the situation may arise where another patient fails to cancel and we are unable to schedule you for a visit, due to a seemingly "full" schedule.

If an appointment/procedure is not cancelled at least 72 hours in advance you may be charged a \$100 fee; this will not be covered by your insurance company.

2. Account balances

We will require that patients with self-pay balances pay their account balances prior to receiving further services by our practice.

Patients who have questions about their bills or who would like to discuss a payment plan option may call and ask to speak to a business office representative with whom they can review their account and concerns.

Patients with balances over \$100 must make payment arrangements prior to future appointments being made.