



## Colonoscopy Prep Instructions

### **Split Dose Prep**

<input type="checkbox"/> MoviPrep	<input type="checkbox"/> SuPrep
<input type="checkbox"/> Trilyte (or Generic)	<input type="checkbox"/> Half Lytely
<input type="checkbox"/> OsmoPrep	

GREGORY S. SMITH, M.D.  
 Board Certified Gastroenterology & Hepatology  
 Athens Gastroenterology Center, PC  
 21 Jefferson Place \* Athens, GA 30601  
 Main 706-548-0058 \* Fax 706-548-0555  
 www.athensgicenter.com

Your procedure is scheduled with: (Check one):  Gregory S. Smith, M.D.  \_\_\_\_\_

Patient Name: \_\_\_\_\_ DOB: \_\_\_\_\_  
 Procedure Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_ AM/ PM

\*\*\*Plan to be in the endoscopy facility up to 3- 5 hours depending on your case and recovery.\*\*\*

Your procedure will be performed at this facility:

<input type="checkbox"/> <b>Athens Endoscopy, LLC</b> 21 Jefferson Place – Suite 2 Athens GA 30606 706-433-0788	<input type="checkbox"/> <b>St. Mary’s Hospital</b> 1230 Baxter Street Athens, GA 30606 706-389-3000	<input type="checkbox"/> <b>Athens Regional Medical Center</b> 1199 Prince Avenue Athens, GA 30606 706-475-7000
--	---	--

**1. Special Instructions:** Your medical provider will let you know if you need to hold some medications prior to your procedure.—so please advise your medical provider if you are currently taking any of these:

- ♦ **Diabetic:** Hold morning dose of insulin the day of the procedure, but bring it with you to the hospital. Other instructions: \_\_\_\_\_.
- ♦ **Heart:** If you have an artificial heart valve, or have a previous history of endocarditis, or other specific indication, your doctor may need to prescribe pre-procedure antibiotics. Other instructions: \_\_\_\_\_
- ♦ **Blood Thinners:** Stop Coumadin, Plavix, Lovenox, Effient, Aggrenox, Pradaxa, and Xarelto \_\_\_\_\_ days before the procedure.
- ♦ **Please take your heart, blood pressure, thyroid and or seizure medications** the morning of the procedure with a **SMALL sip** of water, just enough water to swallow the pill. See Special Instructions for medications you can and can’t take.
- ♦ **Other Medications:** Stop Aspirin Therapy, anti-inflammatory medications such as ibuprofen (Advil, Aleve, and Motrin) iron, Fish Oil, Alka-Seltzer, NSAIDS, and Herbal Supplements at least \_\_\_\_\_ days before the procedure.
- ♦ You may take Tylenol or other brands of Acetaminophen are safe to use prior to this procedure.
- ♦ **Asthma:** If you have asthma, please bring your Rescue Inhaler to your procedure as a precaution.
- ♦ **Your Info & All Medications:** Bring your license and insurance cards. Bring an updated list of your prescriptions, over-the-counter medications, vitamins and herbal medications. Include the dosages next to each medication. List allergies to any medications, including conditions that would make you sensitive to sedation.
- ♦ **Additional Instructions:** \_\_\_\_\_

**2. One Day Before The Procedure:**

- **Have a CLEAR LIQUID DIET throughout the day, NO SOLID FOODS.**

Updated kp.09.2014

**\*\*\*CLEAR LIQUID DIET GUIDE\*\*\***

AVOID	ALLOWED
red, purple, orange colors	Jello, gelatin
Milk, cream, dairy products	popcicles
juices with pulp	broth
meats	water
grains, starches, rice, pasta, oats, bread, crackers	ginger ale, sprite, mountain dew, carbonated beverages
beans, potatoes	apple juice, white grape juice, lemonade,
fats	Gatorade/ Powerade, flavored drinks
vegetables	Tea, black coffee
<b>solid foods</b>	sugar, honey, syrup, salt

- **It is very important that you drink as much fluid as you can throughout the day.**
- The prep you will be drinking is checked at the top of this page. See page 2 for that prep’s instructions. You may mix the solution ahead of time and refrigerate to keep cold (all solution must be used within 24 hours).

**3. Day Of Procedure:**

- You may brush your teeth.
- Be sure to bring your **Driver’s License, Insurance Cards and current medications** to the Center.
- **You must be accompanied by a friend or relative to drive you home or your procedure may be cancelled.** Please ask them to stay with you to speak with the doctor following your procedure.
- You **MAY NOT** drive or go home in a taxi or bus.
- No working, driving or doing anything important for the rest of the procedure day.
- **If you have an afternoon procedure, you may have clear liquids ONLY up to 2 hours before your arrival to facility.**

Preparation Instructions – (Follow Steps 1-3 in the instructions indicated on page 1)

→ **MoviPrep:** Mix both Pouch A & B together into the container and fill with lukewarm water and shake

**PART 1: Start EVENING prior to your Colonoscopy**

Date: \_\_\_\_\_

- At **7:00pm** drink solution down to each mark every 15 minutes until gone. Mix Pouch A and B again and put in the refrigerator for the next morning. Drinking with a straw helps.
- Continue to drink clear liquids until bedtime or midnight.

**PART 2: Start the MORNING of your Colonoscopy**

Date: \_\_\_\_\_ Start Prep at: \_\_\_\_\_

- Begin Prep at least **5 hours** prior to procedure:
- Drink solution down to each mark every 15 minutes until gone.
- You MUST drink at least 2 (two) more 16 oz. containers of water over the next 1 (one) hour
- NOTE: You MUST finish drinking the final glass of water at least 2 (two) hour's prior to Colonoscopy.

Preparation Instructions – (Follow Steps 1-3 in the instructions indicated on page 1)

→ **Suprep:** Pour 1 (one) 6 oz. bottle of SuPrep into mixing container, add drinking water to 16 oz. Line & mix

**PART 1: Start EVENING prior to your Colonoscopy at 6:00pm**

Date: \_\_\_\_\_

- At **6:00pm** begin prep by pouring 1 (one) 6 oz. bottle of Suprep liquid into the mixing container.
- Add cool drinking water to the 16 oz. line on the container and mix
- Drink ALL the liquid in the container
- You MUST drink at least 2 (two) more 16 oz. containers of water over the next 1 (one) hour
- Continue to drink clear liquids until bedtime.

**PART 2: Start the MORNING of your Colonoscopy**

Date: \_\_\_\_\_ Start Prep at: \_\_\_\_\_

- At least **5 hours** prior to procedure: **Begin prep** by pouring 1 (one) 6 oz. bottle of Suprep liquid into the mixing container.
- Add cool drinking water to the 16 oz. line on the container and mix
- Drink ALL the liquid in the container
- You MUST drink at least 2 (two) more 16 oz. containers of water over the next 1 (one) hour
- NOTE: You MUST finish drinking the final glass of water at least 2 (two) hour's prior to Colonoscopy.

Preparation Instructions – (Follow Steps 1-3 in the instructions indicated on page 1)

→ **Trilyte / Colyte / Nulytely / Golytely:** Fill with lukewarm water to the line and shake

**PART 1: Start EVENING prior to your Colonoscopy**

Date: \_\_\_\_\_

- At **7:00pm** drink an 8 oz. glass of the prep every 15 minutes until half the container is gone. Put the other half of the solution in the refrigerator for the next morning. Drinking with a straw helps.
- Continue to drink clear liquids until bedtime or midnight.

**PART 2: Start the MORNING of your Colonoscopy**

Date: \_\_\_\_\_ Start Prep at: \_\_\_\_\_

- Begin Prep at least **5 hours** prior to procedure:
- Drink an 8 oz. glass of the prep every 15 minutes until the remaining (1/2) prep solution is gone.
- You MUST drink at least 2 (two) more 16 oz. containers of water over the next 1 (one) hour
- NOTE: You MUST finish drinking the final glass of water at least 2 (two) hour's prior to Colonoscopy.

Preparation Instructions – (Follow Steps 1-3 in the instructions indicated on page 1)

→ **HalfLyte:** Fill with lukewarm water to the line and shake, you may add flavor pack

**PART 1: Start EVENING prior to your Colonoscopy**

Date: \_\_\_\_\_

- At **4:00pm:** Take 1 Bisacodyl tablet with a glass of water. DO NOT chew or crush
- At **8:00pm** drink an 8 oz. glass of the prep every 15 minutes until half the container is gone. Put the other half of the solution in the refrigerator for the next morning. Drinking with a straw helps.
- Continue to drink clear liquids until bedtime or midnight.

**PART 2: Start the MORNING of your Colonoscopy**

Date: \_\_\_\_\_ Start Prep at: \_\_\_\_\_

- Begin Prep at least **5 hours** prior to procedure:
- Drink an 8 oz glass of the prep every 15 minutes until the remaining (1/2) prep solution is gone.
- You MUST drink at least 2 (two) more 16oz containers of water over the next 1 (one) hour
- NOTE: You MUST finish drinking the final glass of water at least 2 (two) hour's prior to Colonoscopy.

Preparation Instructions – (Follow Steps 1-3 in the instructions indicated on page 1)

→ **OsmoPrep:** Fill with lukewarm water to the line and shake, you may add flavor pack

**PART 1: Start EVENING prior to your Colonoscopy**

Date: \_\_\_\_\_

- Count out 20 OsmoPrep tablets for the first part of the prep.
- Starting at **7:00pm** the day before the procedure: Take 4 tablets with 8 oz. of clear liquids every 15 minutes until you've taken 20 tablets total.
- Continue to drink clear liquids until bedtime or midnight.

**PART 2: Start the MORNING of your Colonoscopy**

Date: \_\_\_\_\_ Start Prep at: \_\_\_\_\_

- Begin Prep at least **5 hours** prior to procedure:
- Take 4 tablets with 8 oz. of clear liquids every 15 minutes until the remaining 12 tablets are gone.
- You MUST drink at least 2 (two) more 16 oz. containers of water over the next 1 (one) hour
- NOTE: You MUST finish drinking the final glass of water at least 2 (two) hour's prior to Colonoscopy.