

- **ITEMS TO PURCHASE**

- 1) Take the enclosed prescription for to your pharmacy.
- 2) Four chewable simethicone tablets. No prescription is needed as these are over the counter. Examples are Gas X, Phazyme or a generic equivalent.

- **MEDICATION RESTRICTIONS**

1. Continue to take your regular prescribed medications as you normally would prior to your procedure unless indicated otherwise. **If you are diabetic, do NOT take your oral medication the morning of procedure: if you are on insulin please contact the prescribing physician for dosage instructions.**
2. **If you take an iron tablet or Ferrous Sulfate this will need to be discontinued 5 days prior to your procedure.** This does not include a multi vitamin. **Your last dose will be \_\_\_\_\_.**
3. **If you take Coumadin, Warfarin, Pradaxa, Xarelto, Eliquis or Savaysa please CALL THE OFFICE AS SOON AS POSSIBLE** for instructions. Do not stop any other blood thinners unless you have been instructed to do so. **If you are on Coumadin/Warfarin enclosed is a lab slip for a PT/INR that will need to be drawn the day prior to the procedure.** Your last dose of your blood thinner will be \_\_\_\_\_ . If after your procedure has been scheduled and you have been newly placed on a blood thinner or your current blood thinner has been changed please call our office.
4. If you use an inhaler for lung disease (e.g. asthma, emphysema) on a daily basis, please take your usual dose on the day of your exam prior to the procedure. **Please bring your inhalers with you.**
5. Bring a complete list of current medications, photo ID, insurance cards.
6. After your examination:
  - You may not work or drive the day of your procedure. **A RELATIVE OR FRIEND (OVER 18) MUST ACCOMPANY YOU AND MUST REMAIN ON THE PREMISES. FAILURE TO DO SO MAY RESULT IN CANCELLATION OF YOUR PROCEDURE.** Taking a cab is not an option unless someone comes with you.
  - You should not plan to engage in any activity requiring physical coordination or mental alertness until the next morning.

**SEE OTHER SIDE OF THIS PAGE FOR SPECIFIC PREP INSTRUCTIONS**  
**If you have any questions, or are having difficulty tolerating prep**  
**please feel free to call our office.**

419-471-1350     EXT

**TWO DAYS BEFORE PROCEDURE**\_\_\_\_\_

- No seeds, nuts, popcorn, raw vegetables or fruits with skin. Vegetables must be well cooked. Eat light, i.e. chicken, fish, pasta.

**ONE DAY BEFORE PROCEDURE**\_\_\_\_\_

- You may have **NOTHING** but clear liquids from the time you wake up in the morning. You may have **NOTHING** that is **RED** or **PURPLE** in color. **CLEAR LIQUIDS INCLUDE** clear broth or Bouillon (beef, chicken or onion), Juice (apple, orange or lemonade—**PULP FREE ONLY**). Water/coffee/tea are allowed (**SUGAR ONLY/NO CREAM OR MILK—LIQUID OR POWDER**). Jell-O/popsicles/hard candies (Lifesavers, Jolly Ranchers). If you are a diabetic you may also have the Glucose Tablets.
- **AVOID ALL SOLID FOODS, ANYTHING THICK IN TEXTURE, PULP, DAIRY PRODUCTS AND ALCOHOL.**
- Mix the entire Golytely prep with water early in the day and refrigerate.
  - 1) Between 5:00 pm and 7:00 pm drink one half of the container of Golytely. Use of a straw and drinking slowly may be helpful. Take two (2) simethicone tablets.
  - 2) It is important that you continue to drink clear liquids throughout the evening.

**MORNING OF PROCEDURE**\_\_\_\_\_ **AT** \_\_\_\_\_ **AM** **PM**

- 1) Drink the remaining one-half container of theGolytely. Again, use of straw and drinking slowly may be helpful. Take two (2) simethicone tablets. You may continue to have clear liquids up until completion of your prep at \_\_\_\_\_ **AM** **PM**.

**YOU MAY HAVE NOTHING TO EAT, DRINK, SMOKE OR CHEW AFTER COMPLETION OF YOUR PREP AT THE TIME INDICATED ABOVE.**

**You should take any necessary prescribed medications you normally use on the morning of the procedure with sips of water only. This should be done prior to the completion of your prep.**

**GOOD PREP RESULTS=CLEAR OR YELLOW LIQUID STOOL**