Colonoscopy: Doctors West Hospital: 5100 Broad Street Columbus, OH 43228  
Phone: 614-544-1892  
Scheduled on ___/___/___ with Dr. __________ Arrive at _____:_____ AM/PM  

IMPORTANT: PLEASE READ ALL INSTRUCTIONS AS SOON AS YOU RECEIVE THEM AS SOON AS POSSIBLE:  

☐ IDENTIFY A DRIVER FOR THE DAY OF YOUR TEST  
A responsible adult MUST accompany you, REMAIN IN THE FACILITY and when leaving the procedure unit, even if you take public transportation. You will NOT be permitted to drive after your procedure. Your companion may wait in our waiting room during your procedure.  
If we cannot confirm your transportation, your Colonoscopy WILL be cancelled.  

☐ ARE YOU ON ANY OF THE FOLLOWING MEDICATIONS?  

<table>
<thead>
<tr>
<th>Medication</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warfarin (Coumadin), Enoxaparin (Lovenox), Clopidogrel (Plavix), Or other blood thinners</td>
<td>Ask the physician who prescribed this medication, how to take it before and after your procedure</td>
</tr>
<tr>
<td>Aspirin</td>
<td>You may continue taking aspirin unless otherwise instructed</td>
</tr>
<tr>
<td>Insulin</td>
<td>Depending on what type of insulin you are taking, you may need to reduce your insulin dose the day before the procedure. Please ask your diabetes doctor for exact instructions. <strong>Do not turn off insulin Pump.</strong></td>
</tr>
<tr>
<td>Oral Diabetes Medications</td>
<td>Do not take these medications on the morning of your procedure.</td>
</tr>
</tbody>
</table>

☐ DO YOU HAVE AN ICD (DEFIBRILLATOR) OR PACEMAKER? Notify us for specific instructions  

KEY INSTRUCTIONS:  

☐ Obtain your bowel preparation kit (Suprep, Movie prep, Trilyte or Prepok) from your local pharmacy at least 5 days prior to procedure.  
☐ Do not eat any solid food the **ENTIRE** day before your colonoscopy.  
☐ Do not mix the bowel prep solution until the day before your colonoscopy.  
☐ Bowel prep is needed in order to perform an effective colonoscopy. It is critical that you thoroughly read and follow these instructions. You are taking a split-dose bowel prep which will be taken in 2 parts. The first dose will be taken at around 5 pm the day prior to the procedure and the second dose will be taken 5 hours prior to your scheduled procedure.  
☐ If you have any questions regarding the prep or you feel it is not working, call our office at (614)544-1891  

5 DAYS PRIOR TO COLONOSCOPY:  

☐ Obtain bowel prep from your local pharmacy.  
☐ **STOP** blood thinners: Warfarin (Coumadin), Enoxaparin (Lovenox), Clopidogrel (Plavix), etc., unless directed otherwise.  

2 DAYS PRIOR TO COLONOSCOPY:  

☐ Confirm your transportation for the day of your procedure. They MUST be able to stay with you the entire visit (approximately 2-3 hours).  
☐ No solid foods after midnight.  
☐ We will call to confirm your appointment. If we are unable to communicate with you, this will lead to rescheduling or cancellation of the procedure.
DAY BEFORE YOUR COLONOSCOPY:

- You may take your regular prescription medications, unless you are instructed otherwise.
- **You may not eat any solid foods or consume any alcohol today.**
- **BEGIN CLEAR LIQUID DIET:** (“clear liquid” means you can see through it when poured into a glass). It is very important to drink a lot of liquids today.
  - Clear juices without pulp (apple, white grape), clear broth, tea, coffee, clear soda, Gatorade®, Jell-O®.
  - NO red, purple, blue liquids, NO milk products, NO vegetables, NO breads, NO meats.

- Mix bowel prep:

<table>
<thead>
<tr>
<th>Suprep</th>
<th>1) Pour <strong>ONE</strong> (1) 6-ounce bottle into the mixing container. Dilute the solution as directed prior to use. Add cool drinking water to the 16-ounce line on the container &amp; mix.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2) Around 5 pm, Start drinking the liquid in the container. <strong>IMPORTANT:</strong> You <strong>MUST</strong> drink two (2) additional 16-ounce containers of water over the next one (1) hour.</td>
</tr>
<tr>
<td>Movie Prep</td>
<td>1) Add lukewarm water with one (1) Pouch A and one (1) Pouch B into the disposable container. Mix to dissolve. Place bottle in the refrigerator.</td>
</tr>
<tr>
<td></td>
<td>2) Start drinking the solution around 5 pm. The container is divided into four (4) marks. Every 15 minutes, drink the solution down to the next mark (approx. 8 ounces), until the liter is completely gone. You may mix each dose with 8 ounces of clear liquid (ie: crystal light, Gatorade, etc). It should take one (1) hour to complete the full container.</td>
</tr>
<tr>
<td></td>
<td>3) Mix the solution again (step 1) before going to bed &amp; refrigerate overnight.</td>
</tr>
<tr>
<td>Trilyte</td>
<td>1) Mix in the morning as directed &amp; chill in the refrigerator.</td>
</tr>
<tr>
<td></td>
<td>2) Start drinking the solution around 5 pm. Drink 8 ounces every 10-20 minutes until half of the solution has been consumed.</td>
</tr>
<tr>
<td>Prepopik</td>
<td>1) Fill the dosing cup with cold water up to the lower line (5 ounces). Pour in the One (1) packet. Stir for 2-3 minutes until powder is dissolved. Drink it all. *Drink five (5) 8-ounce cups of clear liquids over the next five (5) hours.</td>
</tr>
</tbody>
</table>

- Continue to drink clear liquids throughout the evening.

**Note:** It is normal to feel “full” and “bloated” while drinking the prep. If this happens, slow down & drink some warm, clear liquids.

It is easier to drink the prep when it is cold (on ice), through a straw and try walking around while doing some household chores while drinking the prep.

Some people may experience nausea and/or vomiting. If this occurs, simply wait 20-30 minutes before you resume drinking the bowel prep. If symptoms persist, please call our office (614)544-1892.

ON THE DAY OF YOUR COLONOSCOPY:

- **At : AM/PM (5 hours before your procedure time):** Drink the second half of your bowel prep. Prep should be finished 4 hours before procedure time.
- **You should take your heart and blood pressure medications with a small sip of water on the morning of your exam.**
- **Do not** take your diabetic medications (insulin or pills).
- **At : AM/PM (3 hours before your procedure time):** STOP clear liquid diet. Do not chew any gum or hard candy.
- Wear loose fitting, comfortable clothes, with flat shoes or sneakers.
- Do not wear jewelry or bring any valuables to your procedure.
- Please bring a list of current medication, ID and insurance card(s).
- If you have an ICD (defibrillator) or pacemaker, please bring the device card with you.