

DIGESTIVE DISEASE SPECIALISTS, INC.

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Name: _____

Date of Procedure: _____

Arrival Time: _____

Procedure Time: _____

North Endoscopy Center

3366 NW Expressway
Baptist Physician's Bldg D, Ste. 400
Oklahoma City, OK 73112

Check in ONE hour prior to procedure

LOW FIBER DIET ONE WEEK PRIOR (i.e.
AVOID SALADS, RAW VEGGIES/FRUIT,
CORN)

IF YOU HAVE CONSTIPATION, CONSIDER
TAKING ONE CAPFUL OF MIRALAX DAILY
ONE WEEK PRIOR TO DOING PREP

BOWEL PREP WAS SENT TO

_____ ON

SUPREP - FOR COLONOSCOPY:

A colonoscopy allows direct visualization of the inside of the rectum and colon. The examination is performed as a single procedure with a flexible instrument. It is done for screening, to aid in the evaluation of your symptoms, or to clarify an abnormality seen on an X-ray. It is possible to remove a polyp or to take a biopsy during this examination. **IF YOU HAVE ACCESS TO THE INTERNET, PLEASE LOG ON TO www.okddsi.net AND WATCH THE COLONOSCOPY VIDEO UNDER THE PATIENT EDUCATION TAB PRIOR TO YOUR PROCEDURE.**

PATIENT MEDICATION INSTRUCTIONS – PLEASE READ SEVEN (7) DAYS PRIOR TO PROCEDURE:

1. Some medications (prescription and over-the-counter) can reduce your body's ability to form blood clots and taking these before GI endoscopy procedures may increase your risk of bleeding during and after these tests. For this reason, it is generally recommended to withhold certain drugs if you are scheduled to have one of these procedures performed. These are sometimes referred to as **blood thinners**. The decision about whether to stop any medication is always based on an estimate of the risk of having a significant medical problem during the short time that you are off of them compared to the risk of bleeding complications from the procedure you are to undergo.
 - A. For medications used to treat arthritis, such as **nonsteroidal anti-inflammatory drugs** (*See list on page 3*), there is little or no risk to stopping these, but you may have more arthritis pain or swelling. They are usually **stopped for four (4) days prior to any procedure**. It is safe to take acetaminophen (Tylenol) before an endoscopy for arthritis pain or headaches.
 - B. For **aspirin (81 or 325 mg daily)** used to prevent heart problems, this is usually safe to **stop for four (4) days prior to any procedure**. If you have severe heart problems you may need to consult with your heart specialist to determine if it is safe to stop it.
 - C. For **Clopidogrel (Plavix) and other anti-platelet drugs** (*See list on page 3*), it is usually important to speak with your heart doctor, vascular surgery specialist, neurologist or primary physician to determine if these are safe to stop. These are usually **stopped for four (4) days prior to any procedure**.
 - D. For **anti-coagulant** drugs (*See list on page 3*), it is almost always important to consult with the prescribing physician to determine if it is safe to stop them and for how long. For most people who are taking **Coumadin (Warfarin) or Pradaxa** for chronic heart rhythm problems (like atrial

fibrillation) it is usually safe to **stop it for four (4) days prior to the procedure**. However there may be special circumstances where the medication is not stopped or other medications are used to prevent clotting after it is stopped. You should get specific advice from your doctor on how to handle this.

2. **Stop taking iron products four (4) days prior to your procedure**
3. **If you use INSULIN or diabetic medications**, you may need to adjust your dose to ½ your normal dose the day prior to your procedure. Do not take your Insulin or oral diabetes medication the day of your procedure until afterwards.
4. All other medications, such as your blood pressure meds, should be taken as usual on the morning of the procedure with a small sip of water.

PRE-REGISTRATION FORMS:

DO NOT SEND PAPERWORK IN BY EMAIL, FAX. THIS WILL DELAY PROCESSING. BRING THE FORMS WITH YOU TO YOUR APPOINTMENT.

FOR THE DOCTOR TO HAVE A CLEAR VIEW OF YOUR COLON, IT IS ESSENTIAL THAT THE COLON BE COMPLETELY FREE OF STOOL. THEREFORE, YOU MUST COMPLETE A BOWEL PREPARATION REGIMEN AS FOLLOWS:

THE DAY BEFORE THE PROCEDURE: _____

1. Have clear liquids **ALL DAY**. See the diet list on page three.
2. **At _____ p.m., pour the contents of one bottle of SUPREP Bowel Prep Kit into the mixing container provided. Fill the container with water to the 16 oz fill line, and drink the ENTIRE amount.** Drink two (2) additional containers filled to the 16 oz line with water over the next hour. You may drink liquids until bedtime.
- 1.
2. **At _____ .m., pour the contents of the second bottle of SUPREP Bowel Prep Kit into the mixing container provided. Fill the container with water to the 16 oz fill line, and drink the ENTIRE amount.** Drink two (2) additional containers filled to the 16 oz line with water over the next hour.
3. Nothing to eat or drink after _____ only liquids prior.
4. **Arrive at the facility above ONE HOUR prior to the time of your procedure. Bring your photo ID, insurance cards, medication list and if indicated bring your Pre-registration paperwork.**

A DRIVER MUST ACCOMPANY YOU: You will not be able to drive, use a taxi, or a bus after the procedure. Your driver must be on the premises during your procedure or the procedure will be rescheduled.

MEDICATIONS TO AVOID PRIOR TO GI ENDOSCOPY PROCEDURES

1. **Nonsteroidal anti-inflammatory medications – NSAIDs (generic name in italics):**
Diclofenac (Cataflam, Voltaren, Arthrotec)
Diflunisal (Dolobid)
Etodolac (Lodine)
Fenoprofen (Nalfon)
Flurbiprofen (Ansaid)

Ibuprofen (Motrin, Advil, Motrin IB, Nuprin)
Indomethacin (Indocin)
Ketoprofen (Actron)
Meclofenamate (Meclomen)
Mefenamic Acid (Ponstel)
Meloxicam (Mobic)
Nabumetone (Relafen)
Naproxen (Naprosyn, Naprelan, Anaprox, Aleve)
Oxaprozin (Daypro)
Piroxicam (Feldene)
Salicylates (sodium salicylate, Magan, Mobidin, Mobogesic, Arthritab, Bayer Select, Doan's pills)
Salsalate (Amigesic, Marthritic, Salflex, Slasitab)
Sulindac (Clinoril)
Tolmetin (Tolectin)

2. Anti-platelet drugs:

Aspirin (present in many medications)
Cilostazol (Pletal)
Clopidogrel (Plavix)
Dipyridamole (Persantine)
Dipyridamole/Aspirin (Aggrenox)
Eptifibatide (Integrilin)
Pentoxifylline (Trental)
Ticlopidine (Ticlid)
Tirofiban (Aggrastat)

3. Anti-coagulants:

Heparin
Low Molecular Weight Heparins (*Fragmin, Lovenox, Danaparoid*)
Warfarin (Coumadin)

LIQUID DIET SHEET

FOOD ALLOWED

DRINKS

APPLE JUICE

WHITE GRAPE JUICE

WATER OR ICE

TEA (with sugar is fine)

ANY CARBONATED DRINKS

COFFEE (no milk or cream)

SOUP

FAT-FREE OR LOW FAT:

CHICKEN BROTH

BEEF BROTH

CHICKEN BOUILLON

BEEF BOUILLON

DESSERTS

JELL-O

POPSICLES

MISCELLANEOUS

SALT

SUGAR

HARD CANDY

FOOD NOT ALLOWED

DRINKS

ANY JUICE WITH PULP

NOTHING RED OR PURPLE

SOUP

ALL OTHERS

DESSERTS

NOTHING RED OR PURPLE

ALL OTHERS

MISCELLANEOUS

ALL OTHERS