



Gandhi GI Group

Colonoscopy "Two Day" SUPREP Instructions

The **ONLY** group in town specializing in
Advanced High Technology COLONOSCOPY

Detects 76 % more precancerous polyps than standard colonoscopy

WHY SETTLE FOR A STANDARD COLONOSCOPY

when you can get the most advanced colonoscope at a lower price?

- Procedures scheduled same week, no waiting time
- No more gallon prep – we have small volume prep
- No pain during procedure with Propofol/Fentanyl sedation

- Very low complication rate
- Excellent patient experience

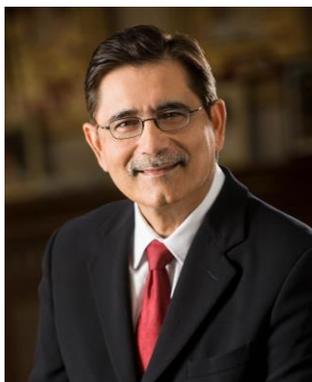
Standard Colonoscope limited
170 degree field of view



Fuse™ Colonoscope
Panoramic 330° field of view



- ☑ **Most experienced in CRH O'Regan Hemorrhoid Banding**
- ☑ **FIBROSCAN** - the most advanced noninvasive technology for liver assessment, eliminates need for liver biopsy
- ☑ **Anorectal Motility** – test performed for evaluation of chronic constipation and fecal incontinence
- ☑ **SMART PILL** - measures motility transit time, useful in diagnosing gastroparesis and chronic idiopathic constipation
- ☑ **Breath testing** – only one in Dayton to offer this service for patients with bloating /diarrhea



Ramesh K. Gandhi, M.D.



Roopa Gandhi, M.D



Michael Elmore, M.D.

The physician's picture circled above will be performing your procedure.



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Date of Procedure: _____ Time of Arrival: _____

LOCATION:

- Colonoscopy and Endoscopy Center** : 7211 North Main Street, Suite 3, Dayton, OH 45415
- Colonoscopy and Endoscopy Center** : 999 Brubaker Drive, Kettering, OH 45429 (opening Fall 2020)
- Sycamore Hospital**: 4000 Miamisburg Centerville Rd, Miamisburg, OH 45342
- Soin Hospital**: 3535 Pentagon Blvd, Beavercreek, OH 45431
- Southview Hospital**: 1997 Miamisburg Centerville Rd, Dayton, OH 45459
- Miami Valley North Surgery Center**– 9000 N Main St, Dayton, OH 45415

*For all hospital facilities check in at the main desk or Patient Registration with the exception of Southview Hospital, there is a special entrance for Endoscopy, look for signs.

If you take insulin or an inhaler be sure to bring with you to your procedure

PURCHASE PREP QUICKLY AND READ THESE INSTRUCTIONS IMMEDIATELY AFTER SCHEDULING

- **Purchase the required prep as soon as possible. Do not wait until the day before or day of your colonoscopy, your pharmacy may not stock it!**
- **Immediately after receiving these prep instructions, read them line-by-line to fully understand your preparation for the test.**

CLEAN COLON=OPTIMAL EXAM

A clean colon happens to be the most important part of a successful exam! If the prep isn't done right, and your colon isn't completely clean, the danger is that we won't see important, potentially cancer-causing, polyps. **In addition the colonoscopy may take longer (increasing the risk of complications); or the entire process may need to be repeated or rescheduled.** If your colon is clean then your doctor can spend more time carefully examining your colon instead of trying to wash away any waste that's left. And, that means you won't have to come in for a repeat exam. “During a colonoscopy, we're not looking for just cancer but also subtle lesions that can turn into cancer, so, we don't want to miss anything!”

HYDRATION: To hydrate your body prior to drinking the prep solution when you will lose fluids, you will want to drink one 8 oz glass of water or clear liquid every hour the day before your colonoscopy to keep you hydrated.

CANCELLATION/NO-SHOW FEE: We ask that you contact us 3 DAYS PRIOR to your scheduled procedure if you need to reschedule or cancel. This will allow other patients waiting to use your time slot and prepare for their test. A \$100.00 fee will be charged to you if you cancel within the three day time frame.



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Colonoscopy “Two Day” SUPREP Instructions

LICENSED DRIVER:

Please arrange to have a responsible/licensed driver to drive you home from your colonoscopy.

- For your safety, due to the anesthesia that you are given it is very important that you have someone drive you home from your procedure. When checking in for your colonoscopy if you do not have a licensed driver present, your colonoscopy will be cancelled.
- By law, you cannot drive the rest of the day of your colonoscopy. We advise you to take the entire day off work.
- In addition, the surgery center require that you have a responsible party present during your entire procedure. Please help us in ensuring your safety and plan ahead for your support party.

MEDICAL CONDITIONS:

Let us know if you have any of the following conditions, as you may need special instructions prior to starting the colon preparation:

- If you are taking aspirin not prescribed by a physician for a medical condition please stop it 7 days prior to your colonoscopy.
- If you are taking anticoagulants/blood thinners, it is required to get approval from your cardiologist or prescribing physician to be sure they can be safely held for a specified amount of time prior to your colonoscopy.
 - These medications include Coumadin (warfarin), Plavix, Xarelto, Effient, Pradaxa, Savaysa, Arixtra, Lovenox
- If you have medical conditions that need a clearance from your cardiologist prior to scheduling your colonoscopy
- Diabetic or pregnant- be sure to ask for instructions to take your insulin during the prep
- Taking any narcotic medications – these medications can cause constipation and will require additional prep - be sure to make the doctor aware.
- Taking any medication for depression - these medications can cause constipation and will require additional prep - be sure to make the doctor aware.
- Constipation (you will be given additional prep instructions)
- Had a heart attack or stroke in the last six months or have a heart defibrillator
- Have seizures or take seizure medications
- Are withdrawing from drinking alcohol

PRE-OP/REGISTRATION CALL: One of our clinical staff will be contacting you 3 days & 2 days prior to your colonoscopy to review your prep instructions and confirm clinical information. It is very important that they are able to reach you during this time. Please watch for a call from (937-350-6703). If we are not able to reach you by phone your procedure may be cancelled. If you receive a message, please call the phone number back to complete your registration.



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Colonoscopy “Two Day” SUPREP Instructions

Follow these Step-by-Step Instructions to prepare for your Colonoscopy

1. PURCHASE SUPPLIES NEEDED FROM YOUR PHARMACY

- **SUPREP Solution** - by prescription
- **Magnesium Citrate** – 2 bottles (over the counter)

Lemon Lime (**do not take if you have kidney disease**)

(1 bottle is consumed prior to the Suprep prep and 1 bottle consumed after prep if stools are not clear.)



2. 7 days before your procedure:

- a. Stop taking any iron supplements.
- b. Stop taking aspirin only if not prescribed by your doctor for a medical condition. If prescribed by your doctor continue to take it and make the staff aware.
- c. Arrange for your ride to and from your colonoscopy
- d. Consider obtaining a protective ointment such as Vaseline or Aquaphor to protect the anal area during the prep. You can start to apply it after taking the first dose of your prep. To clean the rectal area, avoid rubbing, pat instead.

3. 5 days prior to your procedure:

- a. Review and plan for low residue diet to be started 2 days prior to procedure
- b. Confirm your ride
- c. Last chance to cancel or reschedule or you will be charged the fee of \$100
- d. Stop taking blood thinner (date)_____ only if approved by your cardiologist/PCP.

4. 3 days prior to your procedure: go to the grocery to obtain items on low residue, full and clear liquid diet.

5. 2 days prior to your procedure: START AND FOLLOW THE LOW RESIDUE DIET

- See list on next page with foods allowed and foods that you do not want to eat
- Stop taking blood thinner (date)_____ only if approved by your cardiologist/PCP.



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Colonoscopy “Two Day” SUPREP Instructions

FOODS ALLOWED on Low Residue Diet ** Be sure to include in your diet**

- WHITE bread, rolls, bagels and English muffins (no wheat or whole grain)
- WHITE rice, regular pasta, noodles & macaroni (no wheat or whole grain)
- White soda crackers, tea biscuits and plain white melba toast
- Cereals such as Cream of Wheat, Rice Krispies and Special K (**no grain cereals**)
- Pancakes & waffles made from white flour
- Tender meat, poultry & fish (not tough or chewy)
- Eggs & tofu
- Creamy peanut butter – up to 2 tablespoons daily
- Milk and foods made from milk
 - Examples: yogurt, pudding, ice cream, cheeses & sour cream. Limit: 2 cups daily (including any used in cooking)
- Butter, margarine, oils & salad dressings without seeds
- Desserts, no whole grains, seeds, nuts, raisins or coconut

FOODS NOT ALLOWED - DO NOT EAT ANY OF THE FOLLOWING FOODS 2 DAYS PRIOR TO YOUR PROCEDURE

If you consume any of the following foods, your prep will not be sufficient, your doctor will not be able to perform a good exam and colon cancer can be missed!

- **Whole-wheat or whole-grain breads, cereals, & pastas**
- **Brown or wild rice; other whole grains such as oats, kasha, barley & quinoa**
- **Dried beans, peas, & lentils**
- **ALL FRUITS AND VEGETABLES - RAW, COOKED OR DRIED**
 - Do not eat any of the following: spinach, kale, lettuce, green beans, brussel sprouts, broccoli, collard greens, peas, cauliflower, corn, apples, grapes, bananas, strawberries, raspberries, cherries, blueberries, watermelon, cantelope, mangos etc. This is ONLY a partial list of examples
- **prune juice**
- **seeds & nuts, & foods containing them, popcorn, coconut**
- **ALCOHOLIC BEVERAGES** –can cause dehydration and some wines thin your blood. Therefore we strongly suggest you do not drink alcoholic beverages prior to your procedure.



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Colonoscopy “Two Day” SUPREP Instructions

6. ONE DAY BEFORE THE PROCEDURE:

- **LOW RESIDUE DIET** for breakfast only.
- **FULL LIQUID LUNCH** (Full liquids include all clear liquids, milk products, milk shakes, etc)
- **At 1:00 pm slowly drink one bottle of Magnesium Citrate**
- If you are working and not able to drink it, it can be taken at 5-5:30 pm (1 hour prior to starting the 1st dose of Suprep)
- Starting at 2:00 pm – 4:00 pm begin a CLEAR LIQUID DIET (do not eat any solid foods)
- **Clear Liquid Diet includes the following:**
Water, Gatorade, chicken broth (no noodles or rice), jello (no fruit), popsicles (no purple, green or red) prefer yellow or orange, 7UP or Sprite (no Coke or dark colored colas), hot or cold tea, no coffee, no milk products
- From 4:00 – 6:00 pm do not eat or drink anything to allow your stomach to empty
- **Diabetics:**
 - If you take oral medications for diabetes, DO NOT take the evening dose.
 - If you take insulin, follow previous instructions given and bring with you to your procedure
 - Monitor your blood sugar at your usual times
 - Directions for oral medications/insulin: _____

Dosing Schedule SUPREP			
Colonoscopy Time	Dose 1 (Evening Before Colonoscopy)	Dose 2 (Morning of Colonoscopy)	Nothing by Mouth After:
8:00 am	6:00 pm	3:00 am	5:30 am
8:30 am	6:00 pm	3:30 am	6:00 am
9:00 am	6:00 pm	4:00 am	6:30 am
9:30 am	6:00 pm	4:30 am	7:00 am
10:00 am	6:00 pm	5:00 am	7:30 am
10:30 am	6:00 pm	5:30 am	8:00 am
11:00 am	6:00 pm	6:00 am	8:30 am
11:30 am	6:00 pm	6:30 am	9:00 am
12:00 pm	6:00 pm	7:00 am	9:30 am
12:30 pm	6:00 pm	7:30 am	10:00 am
1:00 pm	6:00 pm	8:00 AM	10:30 am
1:30 pm	6:00 pm	8:30 am	11:00 am
2:00 pm	6:00 pm	9:00 am	11:30 am
2:30 pm	6:00 pm	9:30 am	12:00 pm
3:00 pm	6:00 pm	10:00 am	12:30 pm
3:30 pm	6:00 pm	10:30 am	1:00 pm
4:00 pm	6:00 pm	11:00 pm	1:30 pm
4:30 pm	6:00 pm	11:30 pm	2:00 pm



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Colonoscopy “Two Day” SUPREP Instructions

1ST Dose of Suprep – 6:00 pm

- Pour ONE (1) 6 ounce bottle of SUPREP liquid into the mixing container.
- Add cool drinking water to the 16-ounce line on the container and mix.
- Drink 1/4 of the solution.
- Wait 15-20 minutes then drink the second 1/4 of the liquid in the container.
- Wait 15-20 minutes drink 1/4 of the liquid in the container.
- Wait 15-20 minutes drink the last 1/4 of the liquid in the container.
- You have all evening to finish drinking the prep if you choose to drink it slowly over several hours.
- We strongly recommend chasing each drink of prep with a clear liquid such as ginger ale, Gatorade or chicken broth to cut the taste if you are sensitive. This will help with nausea.
- ½ hour after you finish drinking the entire prep, drink at least 4 glasses of clear liquid.
- Continue to drink as much clear liquid as you can in order to remain hydrated until you go to bed.

8. DAY OF PROCEDURE

- You can drink clear liquids in the morning when you wake up until 2 hours prior to starting the 2nd dose of the prep.
- **2nd Dose of SUPREP - 5 hours prior to your arrival time start the 2nd dose**
- Repeat same as 1st dose by mixing the Suprep with cool drinking water
- Drink 1/4 of the solution
- Wait 15 -20 minutes then drink the second 1/4 of the liquid in the container.
- Wait 15-20 minutes drink 1/4 of the liquid in the container.
- Wait 15-20 minutes drink the last 1/4 of the liquid in the container.
- You will need to finish drinking the prep 2 – 2 ½ hours before your procedure arrival time. You can sip the prep slowly over 2-3 hours if you cannot tolerate drinking it as instructed above.
- ½ hour after you finish drinking the prep, drink at least 4 glasses of clear liquid to remain well hydrated.



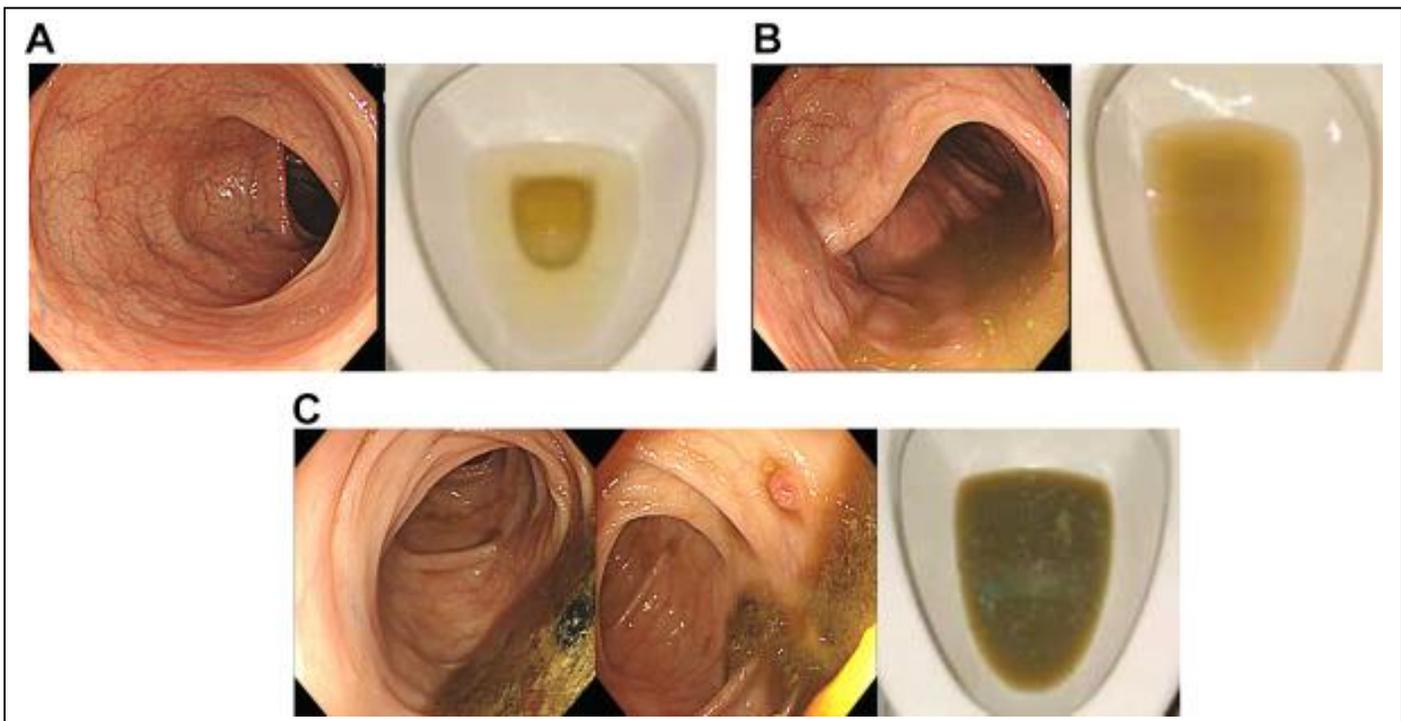
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Your stools should be clear as in image (A) below after drinking the entire prep.

- If they are yellow or brown as in pictures (B and C) then you will need to drink the second bottle of Magnesium Citrate.

Examples of Excellent/Good/Bad Prep:



(A) shows excellent or good bowel preparation (left panel) and clear liquid stool (right panel). Excellent or good bowel preparation is essential for correct diagnosis and further endoscopic management.

(B) turbid fluid in colon is indicative of a fair colon preparation (left panel), and stool was turbid (right panel). The appearance of colonic mucosa is difficult to evaluate, and some lesions may be obscured; and

(C) shows poor colon preparation (left panel). A polyp was detected after repeated water flush (middle panel). Some formed or soft stools are noted (right panel). If you have taken the entire prep and both bottles of Magnesium Citrate (before and after the prep) and your stools are same as image C. Call the office for further instructions!

Do not eat or drink anything 2 hours prior to your arrival time. Do not chew gum.



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FREQUENTLY ASKED QUESTIONS AND TIPS FOR A SUCCESSFUL COLONOSCOPY

What to expect after drinking SUPREP and how long will it take until I see results or will the prep start to work?

- After starting to drink the SUPREP you will start to experience loose stools and then diarrhea. It is different with each patient, sometimes the prep can start to work right away or others it may take 2-3 hours.

Do I need to drink all of the prep even if my stools are clear?

- **YES!!!! It is very important to drink ALL of the prep. Our goal is that your stools are clear or yellow, not brown.**
- **You may also have solid stool higher up in the colon that needs to be eliminated.**

What if I feel nauseated or I start to vomit?

- If you feel nauseated or vomit while drinking the prep and you have not finished the entire dose, stop **drinking any prep until the nausea/vomiting subsides for 30 minutes to 1 hour or until symptoms have resolved.** Then restart the prep.
- **You can sip on the prep and take it over several hours, whatever it takes to finish all of the prep. During the first dose you have the entire evening to finish the first dose.**
- If you are not able to finish drinking all of the prep call (937) 350-6700 for further instructions.

Tips for drinking the SUPREP bowel cleanse preparation:

- Drink it chilled
- Drink or chase with a sip of ginger ale or your favorite drink after drinking the prep
- It is better to drink it down versus sipping on it
- Hold your nose and drink it as quickly as possible
- Quickly suck on a lemon/lime slice after you finish each glass
- Drink it through a straw placed far back on your tongue

Can I take my medications before my procedure?

- **Please take heart, blood pressure and seizure medications up to 3 hours prior to your arrival time with a small amount of water.**
- Do not take your medications while drinking the prep or they will not get absorbed

Additional Questions:

For questions regarding this prep call (937) 350-6700 before 5:00 pm.

After 5:00 pm your call will be transferred to Medical Society and you will be connected to a physician or support staff. Please do not call after 11:00 pm or before 6:00 am unless it is an emergency. Read the recommended tips to help you prepare for the colonoscopy.



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Colonoscopy “Two Day” SUPREP Instructions

Suprep Two Day Timeline

Immediately after Receiving Information	Purchase Supplies Needed ** Do not wait until the procedure date	1. Suprep 2. Magnesium Citrate 2 bottles (lemon-lime)
7 days before colonoscopy	Secure a licensed driver to drive you to and from your procedure.	It is also required by law due to anesthesia that they are present the duration of the procedure.
7 days before colonoscopy	Stop taking aspirin (if not prescribed by a physician) and iron supplements	
2-5 days before colonoscopy	If you are taking a blood thinner stop taking it – specific directions will be given	Only if approval has been granted by your cardiologist/PCP prescribing this medication.
3 days before colonoscopy	Go to grocery to obtain items on diet	Low residue, full and clear liquids
2 days before colonoscopy	START LOW RESIDUE DIET and continue all day	DRINK PLENTY OF FLUIDS
One day before colonoscopy		Drink one 8 oz glass of liquid every hour
One day before colonoscopy	Low residue diet	For breakfast
One day before colonoscopy	FULL LIQUID DIET – see diet	For lunch
One day before colonoscopy	2:00 pm	Drink 1 st bottle of Magnesium Citrate
One day before colonoscopy	2:00 – 4:00 pm	Begin clear liquid diet
One day before colonoscopy	4:00 – 6:00 pm	Do not eat or drink anything (can have sips of water – we are trying to empty the stomach to get ready for the prep)
One day before colonoscopy	6:00 pm	Drink 1 st dose of Suprep – see detailed instructions for drinking
	½ hour after taking Suprep	Drink 4 glasses of clear liquids
	Until bedtime	Drink as much liquid as possible to keep you hydrated
Day of colonoscopy	Do not have anything to eat or drink 2 hours before starting your prep	
Day of colonoscopy	4 hours before colonoscopy arrival time	**Take second dose of prep same as first dose
	If your stools are not clear after taking the entire prep and you cannot see the bottom of the toilet	Then drink the 2nd bottle of Magnesium Citrate slowly (do not take if you have kidney disease) If you have kidney disease, discuss with your doctor