Dayton Gastroenterology, Inc.

Prep Instructions

Important information regarding your prep:

- If you are on a medication to thin your blood (an anticoagulant or antiplatelet) do not stop your blood thinning medications until you hear from our office. We will contact your Physician who prescribes this medication for instructions and notify you. **If you have not heard from us a week prior to your procedure, please call our office at 320-5050 to speak with your Physician's Medical Assistant.**
- If you take iron or vitamins containing iron hold these medications for 5 days prior to your procedure.
- If you are on aspirin or NSAIDs, you may continue to use these medications.
- If you are diabetic and you use insulin or an insulin pump, check with your Primary Care doctor for instructions during your prep and the day of your procedure.

7 DAYS PRIOR TO PROCEDURE:

- **Avoid** all seeds, lettuce, popcorn and tomato skins.
- **Purchase:** ONE Bowel Preparation by prescription.
- **Purchase:** Clear Liquid Diet Items, examples below:
  ***AVOID ANYTHING RED* (ANY other color is fine)**
  Water, Vitamin water (no red), Broth/ Bouillon, Jell-O (no red), Coffee (No cream/milk), Tea (No cream/milk), Apple Juice, White Grape Juice, Popsicles (no red), Pop/Soda (no red)
- ***Note:** Bowel preps may cause urgency of bowel movements: you may want to pad your undergarments & bedding. Desitin® cream may help if rectal area becomes irritated.

DAY BEFORE THE PROCEDURE:

- Consume only clear liquids in place of solid foods.
- If you are diabetic, drink clear fruit juice if your blood sugar gets low.
- Drink plenty of clear liquids
- Alcohol is not permitted
- **ANYTIME IN THE MORNING:**
  Mix the first dose of your Plenvu, MoviPrep or Suprep® per package instructions, and store in the refrigerator.
- ***Note:** If you received a generic 4 liter PEG prep you will be mixing the entire contents of the prep now and store in the refrigerator.
- **AT 5:00 PM: Drink the first dose** of your prep; drink 8 ounces every 15 minutes until the entire container is consumed. Then drink 32 ounces of a clear liquid of your choice.
- ***Note:** If taking the generic PEG prep you will drink 8 ounces every 15 minutes until half of the container remains. Then drink 16 ounces of a clear liquid of your choice.
- **AT 7:00 PM:** Mix the second dose of your prep and store in the refrigerator. (Do not drink it yet).
- ***Note:** If you are taking the generic PEG you have already completed this step. *Continue clear liquids until bedtime

DAY OF THE PROCEDURE:

- **DO NOT EAT ANY FOOD**
- **If you are diabetic, hold your oral diabetic medication. Check your blood sugar. If your blood sugar gets low, drink clear fruit juice.**
- **Using small sips of water, take your prescription medications as you usually do unless you have been instructed to "hold" the medication prior to the procedure. It is very important that you take your blood pressure or heart medication as usual.**
- **You may brush your teeth the morning of the procedure.**
- **Do not smoke before your procedure.**
- **6 HOURS BEFORE YOUR PROCEDURE TIME**: Drink the second dose of your prep; drink 8 ounces every 15 minutes until the entire container is consumed. Then drink (2) 16 ounces of a clear liquid of your choice.
- **4 HOURS PRIOR TO YOUR PROCEDURE, STOP ALL LIQUIDS: Have NOTHING BY MOUTH, including no gum, no hard candy and no chewing tobacco OR YOUR PROCEDURE MAY BE CANCELLED.**

A few reminders before you leave home:

- You must have a driver (no taxi, bus or Uber/Lyft) to take you home after the procedure.
- If you have asthma, bring your inhaler with you to your procedure.
- If you are diabetic on insulin, bring your insulin.
- Bring a list of your current medications and any allergies to medication.
- Bring your insurance cards and driver's license/picture ID with you.
- If you have an implanted cardiac defibrillator or pacemaker, it is very important that you bring the card identifying the device manufacturer, model and serial number.
- Wear comfortable clothing and shoes.
- You may wear your dentures, hearing aids, contacts or glasses; however, you may be asked to remove them for the procedure. Please leave your jewelry at home.

If you have any questions about your procedure instructions, please call our scheduling department at 937-320-5050 option 2. Toll free: 800.341.5055