

Upper Endoscopy Instructions

The following instructions will help you prepare for your upper endoscopy. These instructions also apply to endoscopic retrograde cholangiopancreatography (ERCP), upper endoscopic ultrasound (EUS), and upper single balloon enteroscopy (SBE). **Please read all instructions in this packet at least 1 week prior to your procedure.**

Date: _____ Procedure time: _____ Arrival time: _____

Physician: _____

Location: _____

Please note that procedure times are not exact and unexpected delays may occur.

Transportation

- You must arrange a ride home before the day of your procedure.
- After your exam, you will not be able to drive or take any other transportation by yourself. You must arrange for a responsible adult to accompany you by car, taxi or public transportation. This is strictly observed for your safety. No exceptions will be made unless you have the procedure without sedation. If you wish to have the procedure without sedation, which is uncommon, please discuss this with your doctor in advance.

Cancellation/No Show Policy for Procedures

- Scheduling time for procedures requires planning and coordination between the staff, doctors, and the hospital. Since the schedule is often carefully planned to avoid delays and having patients taken care of in a timely fashion, it is important that you adhere to the schedule as arranged. Should you need to reschedule or cancel, please do so at least 7 days prior to procedure.
- If you have your menstrual period, the exam will not be affected. However, if you have a fever, please call the office to reschedule.
- If a procedure is not cancelled **at least 7 days in advance**, you will be charged a one-hundred-dollar (\$100) fee. This fee is NOT covered by your insurance company.

Medication Concerns

- If you use **antiplatelets or anticoagulants** such as apixaban (Eliquis), clopidogrel (Plavix), dabigatran (Pradaxa), dipyridamole (Persantine), edoxaban (Savaysa), prasugrel (Effient), rivaroxaban (Xarelto), ticlopidine (Ticlid), or warfarin (Coumadin), contact your prescribing physician.
- If you use dulaglutide (Trulicity), exenatide (Bydureon, Bydureon BCise, Byetta), liraglutide (Saxenda, Victoza, Xultophy), lixisenatide (Adlyxin, Soliqua), semaglutide (Ozempic, Rybelsus, Wegovy), or tirzepatide (Mounjaro, Zepbound), skip 1 dose prior to your procedure.
- If you take ertugliflozin (Steglatro), stop this medication 4 days before your procedure.
- If you take canagliflozin (Invokana), dapagliflozin (Farxiga), or empagliflozin (Jardiance), stop these medication 3 days before your procedure.
- If you take metformin (Fortamet, Glucophage, Glumetza, Riomet), glimepiride (Amaryl), glipizide (Glucotrol), or glyburide (Diabeta, Glycron, Glynase, Micronase), stop these medication 1 day before your procedure.
- Stop taking **iron supplements** and **fiber supplements** 1 day prior to procedure.
- Continue taking daily aspirin if prescribed.

Preparation Instructions

Day before procedure

- If you use dulaglutide (Trulicity), exenatide (Bydureon, Bydureon BCise, Byetta), liraglutide (Saxenda, Victoza, Xultophy), lixisenatide (Adlyxin, Soliqua), semaglutide (Ozempic, Rybelsus, Wegovy), or tirzepatide (Mounjaro, Zepbound), you should be on a clear liquid diet the day before the procedure.
- Clear liquids include water, fruit juices without pulp (apple or white grape juice), carbonated drinks (ginger ale, seltzer, sodas), gelatin, tea or coffee (without milk or cream), sports drinks, fat-free broth, bouillon, frozen juice popsicles.
- If you are not on the above medications, you may eat normally the day before the procedure.
- Do not eat anything solid after midnight.

Day of procedure

- Do not eat solids or drink thick liquids.
- You may have clear liquids until 3 hours before your procedure.
- Avoid red or purple liquids.
- **Finish clear liquids at least 3 hours before procedure.**

Upper Endoscopy with Bravo Study Instructions (on PPIs)

The following instructions will help you prepare for your upper endoscopy with Bravo study (on PPIs). **Please read all instructions in this packet at least 1 week prior to your procedure.**

Date: _____ Procedure time: _____ Arrival time: _____
Physician: _____
Location: Newton Wellesley Hospital at 2014 Washington St, Newton
Enter through the Surgical Center/East Entrance, proceed to GI registration desk.

Please note that procedure times are not exact and unexpected delays may occur.

Transportation

- You must arrange a ride home before the day of your procedure.
- After your exam, you will not be able to drive or take any other transportation by yourself. You must arrange for a responsible adult to accompany you by car, taxi or public transportation. This is strictly observed for your safety. No exceptions will be made unless you have the procedure without sedation. If you wish to have the procedure without sedation, which is uncommon, please discuss this with your doctor in advance.

Cancellation/No Show Policy for Procedures

- Scheduling time for procedures requires planning and coordination between the staff, doctors, and the hospital. Since the schedule is often carefully planned to avoid delays and having patients taken care of in a timely fashion, it is important that you adhere to the schedule as arranged. Should you need to reschedule or cancel, please do so at least 7 days prior to procedure.
- If you have your menstrual period, the exam will not be affected. However, if you have a fever, please call the office to reschedule.
- If a procedure is not cancelled **at least 7 days in advance**, you will be charged a one-hundred-dollar (\$100) fee. This fee is NOT covered by your insurance company.

Medication Concerns

- You should be taking a **proton pump inhibitor (PPI)** such as dexlansoprazole (Dexilant), esomeprazole (Nexium), lansoprazole (Prevacid), omeprazole (Prilosec), pantoprazole (Protonix), or rabeprazole (Aciphex) at least 7 days before and 4 days after the procedure.
- If you use **antiplatelets or anticoagulants** such as apixaban (Eliquis), clopidogrel (Plavix), dabigatran (Pradaxa), dipyridamole (Persantine), edoxaban (Savaysa), prasugrel (Effient), rivaroxaban (Xarelto), ticlopidine (Ticlid), or warfarin (Coumadin), contact your prescribing physician.
- If you use dulaglutide (Trulicity), exenatide (Bydureon, Bydureon BCise, Byetta), liraglutide (Saxenda, Victoza, Xultophy), lixisenatide (Adlyxin, Soliqua), semaglutide (Ozempic, Rybelsus, Wegovy), or tirzepatide (Mounjaro, Zepbound), skip 1 dose prior to your procedure.
- If you take ertugliflozin (Steglatro), stop this medication 4 days before your procedure.
- If you take canagliflozin (Invokana), dapagliflozin (Farxiga), or empagliflozin (Jardiance), stop these medication 3 days before your procedure.
- If you take metformin (Fortamet, Glucophage, Glumetza, Riomet), glimepiride (Amaryl), glipizide (Glucotrol), or glyburide (Diabeta, Glycron, Glynase, Micronase), stop these medication 1 day before your procedure.

- Stop taking **iron supplements** and **fiber supplements** 1 day prior to procedure.
- Continue taking daily aspirin if prescribed.

Preparation Instructions

Day before procedure

- If you use dulaglutide (Trulicity), exenatide (Bydureon, Bydureon BCise, Byetta), liraglutide (Saxenda, Victoza, Xultophy), lixisenatide (Adlyxin, Soliqua), semaglutide (Ozempic, Rybelsus, Wegovy), or tirzepatide (Mounjaro, Zepbound), you should be on a clear liquid diet the day before the procedure.
- Clear liquids include water, fruit juices without pulp (apple or white grape juice), carbonated drinks (ginger ale, seltzer, sodas), gelatin, tea or coffee (without milk or cream), sports drinks, fat-free broth, bouillon, frozen juice popsicles.
- If you are not on the above medications, you may eat normally the day before the procedure.
- Do not eat anything solid after midnight.

Day of procedure

- Do not eat solids or drink thick liquids.
- You may have clear liquids until 3 hours before your procedure.
- Avoid red or purple liquids.
- **Finish clear liquids at least 3 hours before procedure.**

Upper Endoscopy with Bravo Study Instructions (off PPIs)

The following instructions will help you prepare for your upper endoscopy with Bravo study (off PPIs). **Please read all instructions in this packet at least 1 week prior to your procedure.**

Date: _____ Procedure time: _____ Arrival time: _____
Physician: _____
Location: Newton Wellesley Hospital at 2014 Washington St, Newton
Enter through the Surgical Center/East Entrance, proceed to GI registration desk.

Please note that procedure times are not exact and unexpected delays may occur.

Transportation

- You must arrange a ride home before the day of your procedure.
- After your exam, you will not be able to drive or take any other transportation by yourself. You must arrange for a responsible adult to accompany you by car, taxi or public transportation. This is strictly observed for your safety. No exceptions will be made unless you have the procedure without sedation. If you wish to have the procedure without sedation, which is uncommon, please discuss this with your doctor in advance.

Cancellation/No Show Policy for Procedures

- Scheduling time for procedures requires planning and coordination between the staff, doctors, and the hospital. Since the schedule is often carefully planned to avoid delays and having patients taken care of in a timely fashion, it is important that you adhere to the schedule as arranged. Should you need to reschedule or cancel, please do so at least 7 days prior to procedure.
- If you have your menstrual period, the exam will not be affected. However, if you have a fever, please call the office to reschedule.
- If a procedure is not cancelled **at least 7 days in advance**, you will be charged a one-hundred-dollar (\$100) fee. This fee is NOT covered by your insurance company.

Medication Concerns

- Do not take **proton pump inhibitors (PPIs)** such as dexlansoprazole (Dexilant), esomeprazole (Nexium), lansoprazole (Prevacid), omeprazole (Prilosec), pantoprazole (Protonix), or rabeprazole (Aciphex) 7 days before and 4 days after the procedure.
- Do not take **H2 receptor antagonists (H2RAs)** such as cimetidine (Tagamet), famotidine (Pepcid, Zantac 360°), and nizatidine (Axid) 3 days before and 4 days after the procedure.
- If you use **antiplatelets or anticoagulants** such as apixaban (Eliquis), clopidogrel (Plavix), dabigatran (Pradaxa), dipyridamole (Persantine), edoxaban (Savaysa), prasugrel (Effient), rivaroxaban (Xarelto), ticlopidine (Ticlid), or warfarin (Coumadin), contact your prescribing physician.
- If you use dulaglutide (Trulicity), exenatide (Bydureon, Bydureon BCise, Byetta), liraglutide (Saxenda, Victoza, Xultophy), lixisenatide (Adlyxin, Soliqua), semaglutide (Ozempic, Rybelsus, Wegovy), or tirzepatide (Mounjaro, Zepbound), skip 1 dose prior to your procedure.
- If you take ertugliflozin (Steglatro), stop this medication 4 days before your procedure.
- If you take canagliflozin (Invokana), dapagliflozin (Farxiga), or empagliflozin (Jardiance), stop these medication 3 days before your procedure.

- If you take metformin (Fortamet, Glucophage, Glumetza, Riomet), glimepiride (Amaryl), glipizide (Glucotrol), or glyburide (Diabeta, Glycron, Glynase, Micronase), stop these medication 1 day before your procedure.
- Stop taking **iron supplements** and **fiber supplements** 1 day prior to procedure.
- Continue taking daily aspirin if prescribed.

Preparation Instructions

Day before procedure

- If you use dulaglutide (Trulicity), exenatide (Bydureon, Bydureon BCise, Byetta), liraglutide (Saxenda, Victoza, Xultophy), lixisenatide (Adlyxin, Soliqua), semaglutide (Ozempic, Rybelsus, Wegovy), or tirzepatide (Mounjaro, Zepbound), you should be on a clear liquid diet the day before the procedure.
- Clear liquids include water, fruit juices without pulp (apple or white grape juice), carbonated drinks (ginger ale, seltzer, sodas), gelatin, tea or coffee (without milk or cream), sports drinks, fat-free broth, bouillon, frozen juice popsicles.
- If you are not on the above medications, you may eat normally the day before the procedure.
- Do not eat anything solid after midnight.

Day of procedure

- Do not eat solids or drink thick liquids.
- You may have clear liquids until 3 hours before your procedure.
- Avoid red or purple liquids.
- **Finish clear liquids at least 3 hours before procedure.**

Colonoscopy with Clenpiq Prep

The following instructions will help you prepare for your colonoscopy. These instructions also apply to lower endoscopic ultrasound (EUS) and lower single balloon enteroscopy (SBE). **Please read all instructions in this packet at least 1 week prior to your procedure.** The preparation for this test is the most difficult part of the process. However, a good preparation is essential to allow your doctor to perform a thorough examination.

Date: _____ Procedure time: _____ Arrival time: _____
Physician: _____
Location: _____

Please note that procedure times are not exact and unexpected delays may occur.

Transportation

- You must arrange a ride home before the day of your procedure.
- After your exam, you will not be able to drive or take any other transportation by yourself. You must arrange for a responsible adult to accompany you by car, taxi or public transportation. This is strictly observed for your safety. No exceptions will be made unless you have the procedure without sedation. If you wish to have the procedure without sedation, which is uncommon, please discuss this with your doctor in advance.

Cancellation/No Show Policy for Procedures

- Scheduling time for procedures requires planning and coordination between the staff, doctors, and the hospital. Since the schedule is often carefully planned to avoid delays and having patients taken care of in a timely fashion, it is important that you adhere to the schedule as arranged. Should you need to reschedule or cancel, please do so at least 7 days prior to procedure.
- If you have your menstrual period, the exam will not be affected. However, if you have a fever, please call the office to reschedule.
- If a procedure is not cancelled **at least 7 days in advance**, you will be charged a one-hundred-dollar (\$100) fee. This fee is NOT covered by your insurance company.

Medication Concerns

- If you use **antiplatelets or anticoagulants** such as apixaban (Eliquis), clopidogrel (Plavix), dabigatran (Pradaxa), dipyridamole (Persantine), edoxaban (Savaysa), prasugrel (Effient), rivaroxaban (Xarelto), ticlopidine (Ticlid), or warfarin (Coumadin), contact your prescribing physician.
- If you use dulaglutide (Trulicity), exenatide (Bydureon, Bydureon BCise, Byetta), liraglutide (Saxenda, Victoza, Xultophy), lixisenatide (Adlyxin, Soliqua), semaglutide (Ozempic, Rybelsus, Wegovy), or tirzepatide (Mounjaro, Zepbound), skip 1 dose prior to your procedure.
- If you take ertugliflozin (Steglatro), stop this medication 4 days before your procedure.
- If you take canagliflozin (Invokana), dapagliflozin (Farxiga), or empagliflozin (Jardiance), stop these medication 3 days before your procedure.
- If you take metformin (Fortamet, Glucophage, Glumetza, Riomet), glimepiride (Amaryl), glipizide (Glucotrol), or glyburide (Diabeta, Glycron, Glynase, Micronase), stop these medication 1 day before your procedure.
- Stop taking **iron supplements** and **fiber supplements** 5 days prior to procedure.
- Continue taking daily aspirin if prescribed.

Preparation Instructions

You will need the following:

- One Clenpiq kit (two 5.8-oz bottles) — Requires a prescription.

5 days before procedure

- Follow a low residue diet (see attachment for details).
- Avoid foods containing seeds, nuts, corn, and popcorn.

1 day before procedure

- Starting in the morning, begin a clear liquid diet. Clear liquids include water, fruit juices without pulp (apple or white grape juice), carbonated drinks (ginger ale, seltzer, sodas), gelatin, tea or coffee (without milk or cream), sports drinks, fat-free broth, bouillon, frozen juice popsicles.
- Avoid red or purple liquids.

Evening before procedure (between 5–9 p.m.)

- Drink first bottle of Clenpiq.
- Drink 5 cups (40 oz) or more of clear liquids.

Morning of procedure (5 hours before procedure)

- Drink second bottle of Clenpiq and 4 cups (32 oz) or more of clear liquids.
- For those with early morning procedures, this may be in the middle of the night. However, this is important for a successful exam.
- **Finish clear liquids at least 3 hours before procedure.**

Low Residue Diet

Food group	Foods allowed	Foods to avoid
Beverages	Water, coffee, tea, seltzer, carbonated beverages, sodas, clear fruit juices (without pulp)	Fruit juices with pulp
Dairy	Milk (up to 1 cup per day), yogurt, ice cream, custard, butter, sour cream, cream cheese, cottage cheese, cheeses used for food flavoring	Milk (2 or more cups per day), all other cheeses
Proteins	Tender meats (except fried), eggs, tofu	Tough meats, meats with gristle, cured meats, cold cuts, fried meats, frankfurters, sausages
Breads	White bread or baked goods made from refined flour, biscuits, saltines, pancakes, waffles	Whole grain or pumpernickel bread, corn bread, breads containing bran, oats, nuts, seeds, raisins, or dates, graham crackers
Cereals	Corn flakes, rice krispies, grits, farina	Whole grain cereals (wheat, barley, rye, oat), oatmeal, granola
Starches	Potatoes without a skin	Fried potatoes, potato skins
Pasta	Spaghetti, macaroni, noodles	Whole wheat pasta
Grains	White rice	Brown rice, wild rice, buckwheat, quinoa
Legumes	None	Baked beans, dry beans, lima beans, lentils, peas
Fruits	Bananas, applesauce, melons, avocado, canned/cooked fruits without skin (except pineapple)	Raw fruits, dry fruits, berries, coconut, prunes, all other fruits
Vegetables	Lettuce, spinach, tomato sauce, cooked carrots, asparagus, green beans, wax beans, eggplant, pumpkin, and squash (without seeds)	Raw vegetables, vegetables with seeds, broccoli, brussels sprouts, cabbage, corn, cauliflower, onions, sauerkraut, squash
Nuts & Seeds	None	Avoid all nuts and seeds
Miscellaneous	Butter, cream, mayonnaise, or vegetable oils in small amounts; margarine, gravy, ketchup, mustard, oils, chocolate, cocoa, vinegar, salt, salad dressings without seeds, ground spices and herbs in small amounts	Cayenne, chili powder, garlic, horseradish, relish, olives, pickles, popcorn, peanut butter, jam, jelly, marmalade
Soups	Bouillon, broths, cream soups (made with milk allowance and allowed foods)	Soups with non-permitted foods

Billing Information

When calling your insurance company for coverage/benefits, it is important to know what type of procedure you will be having:

1. **Preventative screening colonoscopy:** You have no symptoms, no personal/family history of colon polyps and/or cancer, and are at least 45 years old.
2. **High risk screening colonoscopy:** You have no symptoms. However, you are having a colonoscopy due to personal/family history of colon polyps and/or cancer.
3. **Diagnostic/therapeutic colonoscopy:** You are having symptoms (e.g. abdominal pain, rectal bleeding, change in bowel movements, etc.).

Please note that if you are having symptoms, this will supersede a screening.

Who will bill me

You may receive bills from separate entities associated with your procedure. These may include the physician performing the procedure, the facility, the pathologist/laboratory and/or anesthesia. Each entity has their own separate charges and bills.

Colonoscopy with Golytely Prep

The following instructions will help you prepare for your colonoscopy. These instructions also apply to lower endoscopic ultrasound (EUS) and lower single balloon enteroscopy (SBE). **Please read all instructions in this packet at least 1 week prior to your procedure.** The preparation for this test is the most difficult part of the process. However, a good preparation is essential to allow your doctor to perform a thorough examination.

Date:

Procedure time:

Arrival time:

Physician:

Location:

Please note that procedure times are not exact and unexpected delays may occur.

Transportation

- You must arrange a ride home before the day of your procedure.
- After your exam, you will not be able to drive or take any other transportation by yourself. You must arrange for a responsible adult to accompany you by car, taxi or public transportation. This is strictly observed for your safety. No exceptions will be made unless you have the procedure without sedation. If you wish to have the procedure without sedation, which is uncommon, please discuss this with your doctor in advance.

Cancellation/No Show Policy for Procedures

- Scheduling time for procedures requires planning and coordination between the staff, doctors, and the hospital. Since the schedule is often carefully planned to avoid delays and having patients taken care of in a timely fashion, it is important that you adhere to the schedule as arranged. Should you need to reschedule or cancel, please do so at least 7 days prior to procedure.
- If you have your menstrual period, the exam will not be affected. However, if you have a fever, please call the office to reschedule.
- If a procedure is not cancelled **at least 7 days in advance**, you will be charged a one-hundred-dollar (\$100) fee. This fee is NOT covered by your insurance company.

Medication Concerns

- If you use **antiplatelets or anticoagulants** such as apixaban (Eliquis), clopidogrel (Plavix), dabigatran (Pradaxa), dipyridamole (Persantine), edoxaban (Savaysa), prasugrel (Effient), rivaroxaban (Xarelto), ticlopidine (Ticlid), or warfarin (Coumadin), contact your prescribing physician.
- If you use dulaglutide (Trulicity), exenatide (Bydureon, Bydureon BCise, Byetta), liraglutide (Saxenda, Victoza, Xultophy), lixisenatide (Adlyxin, Soliqua), semaglutide (Ozempic, Rybelsus, Wegovy), or tirzepatide (Mounjaro, Zepbound), skip 1 dose prior to your procedure.
- If you take ertugliflozin (Steglatro), stop this medication 4 days before your procedure.
- If you take canagliflozin (Invokana), dapagliflozin (Farxiga), or empagliflozin (Jardiance), stop these medication 3 days before your procedure.
- If you take metformin (Fortamet, Glucophage, Glumetza, Riomet), glimepiride (Amaryl), glipizide (Glucotrol), or glyburide (Diabeta, Glycron, Glynase, Micronase), stop these medication 1 day before your procedure.
- Stop taking **iron supplements** and **fiber supplements** 5 days prior to procedure.
- Continue taking daily aspirin if prescribed.

Preparation Instructions

You will need the following:

- One bottle of Golytely (4 liters) — Requires a prescription.

5 days before procedure

- Follow a low residue diet (see attachment for details).
- Avoid foods containing seeds, nuts, corn, and popcorn.

1 day before procedure

- Starting in the morning, begin a clear liquid diet. Clear liquids include water, fruit juices without pulp (apple or white grape juice), carbonated drinks (ginger ale, seltzer, sodas), gelatin, tea or coffee (without milk or cream), sports drinks, fat-free broth, bouillon, frozen juice popsicles.
- Avoid red or purple liquids.

Evening before procedure (between 5–9 p.m.)

- Drink 8 ounces (1 cup) of Golytely every 20 minutes until half the prep (2 liters) is gone.

Morning of procedure (6–8 hours before procedure)

- Drink the second half of the Golytely prep. Drink 8 ounces (1 cup) of Golytely every 20 minutes until done.
- For those with early morning procedures, this may be in the middle of the night. However, this is important for a successful exam.
- **Finish clear liquids at least 3 hours before procedure.**

Low Residue Diet

Food group	Foods allowed	Foods to avoid
Beverages	Water, coffee, tea, seltzer, carbonated beverages, sodas, clear fruit juices (without pulp)	Fruit juices with pulp
Dairy	Milk (up to 1 cup per day), yogurt, ice cream, custard, butter, sour cream, cream cheese, cottage cheese, cheeses used for food flavoring	Milk (2 or more cups per day), all other cheeses
Proteins	Tender meats (except fried), eggs, tofu	Tough meats, meats with gristle, cured meats, cold cuts, fried meats, frankfurters, sausages
Breads	White bread or baked goods made from refined flour, biscuits, saltines, pancakes, waffles	Whole grain or pumpernickel bread, corn bread, breads containing bran, oats, nuts, seeds, raisins, or dates, graham crackers
Cereals	Corn flakes, rice krispies, grits, farina	Whole grain cereals (wheat, barley, rye, oat), oatmeal, granola
Starches	Potatoes without a skin	Fried potatoes, potato skins
Pasta	Spaghetti, macaroni, noodles	Whole wheat pasta
Grains	White rice	Brown rice, wild rice, buckwheat, quinoa
Legumes	None	Baked beans, dry beans, lima beans, lentils, peas
Fruits	Bananas, applesauce, melons, avocado, canned/cooked fruits without skin (except pineapple)	Raw fruits, dry fruits, berries, coconut, prunes, all other fruits
Vegetables	Lettuce, spinach, tomato sauce, cooked carrots, asparagus, green beans, wax beans, eggplant, pumpkin, and squash (without seeds)	Raw vegetables, vegetables with seeds, broccoli, brussels sprouts, cabbage, corn, cauliflower, onions, sauerkraut, squash
Nuts & Seeds	None	Avoid all nuts and seeds
Miscellaneous	Butter, cream, mayonnaise, or vegetable oils in small amounts; margarine, gravy, ketchup, mustard, oils, chocolate, cocoa, vinegar, salt, salad dressings without seeds, ground spices and herbs in small amounts	Cayenne, chili powder, garlic, horseradish, relish, olives, pickles, popcorn, peanut butter, jam, jelly, marmalade
Soups	Bouillon, broths, cream soups (made with milk allowance and allowed foods)	Soups with non-permitted foods

Billing Information

When calling your insurance company for coverage/benefits, it is important to know what type of procedure you will be having:

1. **Preventative screening colonoscopy:** You have no symptoms, no personal/family history of colon polyps and/or cancer, and are at least 45 years old.
2. **High risk screening colonoscopy:** You have no symptoms. However, you are having a colonoscopy due to personal/family history of colon polyps and/or cancer.
3. **Diagnostic/therapeutic colonoscopy:** You are having symptoms (e.g. abdominal pain, rectal bleeding, change in bowel movements, etc.).

Please note that if you are having symptoms, this will supersede a screening.

Who will bill me

You may receive bills from separate entities associated with your procedure. These may include the physician performing the procedure, the facility, the pathologist/laboratory and/or anesthesia. Each entity has their own separate charges and bills.

Colonoscopy with Plenvu Prep

The following instructions will help you prepare for your colonoscopy. These instructions also apply to lower endoscopic ultrasound (EUS) and lower single balloon enteroscopy (SBE). **Please read all instructions in this packet at least 1 week prior to your procedure.** The preparation for this test is the most difficult part of the process. However, a good preparation is essential to allow your doctor to perform a thorough examination.

Date: _____ Procedure time: _____ Arrival time: _____
Physician: _____
Location: _____

Please note that procedure times are not exact and unexpected delays may occur.

Transportation

- You must arrange a ride home before the day of your procedure.
- After your exam, you will not be able to drive or take any other transportation by yourself. You must arrange for a responsible adult to accompany you by car, taxi or public transportation. This is strictly observed for your safety. No exceptions will be made unless you have the procedure without sedation. If you wish to have the procedure without sedation, which is uncommon, please discuss this with your doctor in advance.

Cancellation/No Show Policy for Procedures

- Scheduling time for procedures requires planning and coordination between the staff, doctors, and the hospital. Since the schedule is often carefully planned to avoid delays and having patients taken care of in a timely fashion, it is important that you adhere to the schedule as arranged. Should you need to reschedule or cancel, please do so at least 7 days prior to procedure.
- If you have your menstrual period, the exam will not be affected. However, if you have a fever, please call the office to reschedule.
- If a procedure is not cancelled **at least 7 days in advance**, you will be charged a one-hundred-dollar (\$100) fee. This fee is NOT covered by your insurance company.

Medication Concerns

- If you use **antiplatelets or anticoagulants** such as apixaban (Eliquis), clopidogrel (Plavix), dabigatran (Pradaxa), dipyridamole (Persantine), edoxaban (Savaysa), prasugrel (Effient), rivaroxaban (Xarelto), ticlopidine (Ticlid), or warfarin (Coumadin), contact your prescribing physician.
- If you use dulaglutide (Trulicity), exenatide (Bydureon, Bydureon BCise, Byetta), liraglutide (Saxenda, Victoza, Xultophy), lixisenatide (Adlyxin, Soliqua), semaglutide (Ozempic, Rybelsus, Wegovy), or tirzepatide (Mounjaro, Zepbound), skip 1 dose prior to your procedure.
- If you take ertugliflozin (Steglatro), stop this medication 4 days before your procedure.
- If you take canagliflozin (Invokana), dapagliflozin (Farxiga), or empagliflozin (Jardiance), stop these medication 3 days before your procedure.
- If you take metformin (Fortamet, Glucophage, Glumetza, Riomet), glimepiride (Amaryl), glipizide (Glucotrol), or glyburide (Diabeta, Glycron, Glynase, Micronase), stop these medication 1 day before your procedure.
- Stop taking **iron supplements** and **fiber supplements** 5 days prior to procedure.
- Continue taking daily aspirin if prescribed.

Preparation Instructions

You will need the following:

- One Plenvu kit (3 pouches) — Requires a prescription.

5 days before procedure

- Follow a low residue diet (see attachment for details).
- Avoid foods containing seeds, nuts, corn, and popcorn.

1 day before procedure

- Starting in the morning, begin a clear liquid diet. Clear liquids include water, fruit juices without pulp (apple or white grape juice), carbonated drinks (ginger ale, seltzer, sodas), gelatin, tea or coffee (without milk or cream), sports drinks, fat-free broth, bouillon, frozen juice popsicles.
- Avoid red or purple liquids.

Evening before procedure (between 5–9 p.m.)

- Mix contents of Dose 1 pouch with 16-oz of water in mixing container. Drink over 30 minutes.
- Refill the 16-oz container with clear liquids and drink over 30 minutes.

Morning of procedure (5 hours before procedure)

- Mix contents of Dose 2 (Pouch A and Pouch B) with 16-oz of water in mixing container. Drink over 30 minutes.
- Refill the 16-oz container with clear liquids and drink over 30 minutes.
- For those with early morning procedures, this may be in the middle of the night. However, this is important for a successful exam.
- **Finish clear liquids at least 3 hours before procedure.**

Low Residue Diet

Food group	Foods allowed	Foods to avoid
Beverages	Water, coffee, tea, seltzer, carbonated beverages, sodas, clear fruit juices (without pulp)	Fruit juices with pulp
Dairy	Milk (up to 1 cup per day), yogurt, ice cream, custard, butter, sour cream, cream cheese, cottage cheese, cheeses used for food flavoring	Milk (2 or more cups per day), all other cheeses
Proteins	Tender meats (except fried), eggs, tofu	Tough meats, meats with gristle, cured meats, cold cuts, fried meats, frankfurters, sausages
Breads	White bread or baked goods made from refined flour, biscuits, saltines, pancakes, waffles	Whole grain or pumpernickel bread, corn bread, breads containing bran, oats, nuts, seeds, raisins, or dates, graham crackers
Cereals	Corn flakes, rice krispies, grits, farina	Whole grain cereals (wheat, barley, rye, oat), oatmeal, granola
Starches	Potatoes without a skin	Fried potatoes, potato skins
Pasta	Spaghetti, macaroni, noodles	Whole wheat pasta
Grains	White rice	Brown rice, wild rice, buckwheat, quinoa
Legumes	None	Baked beans, dry beans, lima beans, lentils, peas
Fruits	Bananas, applesauce, melons, avocado, canned/cooked fruits without skin (except pineapple)	Raw fruits, dry fruits, berries, coconut, prunes, all other fruits
Vegetables	Lettuce, spinach, tomato sauce, cooked carrots, asparagus, green beans, wax beans, eggplant, pumpkin, and squash (without seeds)	Raw vegetables, vegetables with seeds, broccoli, brussels sprouts, cabbage, corn, cauliflower, onions, sauerkraut, squash
Nuts & Seeds	None	Avoid all nuts and seeds
Miscellaneous	Butter, cream, mayonnaise, or vegetable oils in small amounts; margarine, gravy, ketchup, mustard, oils, chocolate, cocoa, vinegar, salt, salad dressings without seeds, ground spices and herbs in small amounts	Cayenne, chili powder, garlic, horseradish, relish, olives, pickles, popcorn, peanut butter, jam, jelly, marmalade
Soups	Bouillon, broths, cream soups (made with milk allowance and allowed foods)	Soups with non-permitted foods

Billing Information

When calling your insurance company for coverage/benefits, it is important to know what type of procedure you will be having:

1. **Preventative screening colonoscopy:** You have no symptoms, no personal/family history of colon polyps and/or cancer, and are at least 45 years old.
2. **High risk screening colonoscopy:** You have no symptoms. However, you are having a colonoscopy due to personal/family history of colon polyps and/or cancer.
3. **Diagnostic/therapeutic colonoscopy:** You are having symptoms (e.g. abdominal pain, rectal bleeding, change in bowel movements, etc.).

Please note that if you are having symptoms, this will supersede a screening.

Who will bill me

You may receive bills from separate entities associated with your procedure. These may include the physician performing the procedure, the facility, the pathologist/laboratory and/or anesthesia. Each entity has their own separate charges and bills.

Colonoscopy with Suprep Prep

The following instructions will help you prepare for your colonoscopy. These instructions also apply to lower endoscopic ultrasound (EUS) and lower single balloon enteroscopy (SBE). **Please read all instructions in this packet at least 1 week prior to your procedure.** The preparation for this test is the most difficult part of the process. However, a good preparation is essential to allow your doctor to perform a thorough examination.

Date: _____ Procedure time: _____ Arrival time: _____
Physician: _____
Location: _____

Please note that procedure times are not exact and unexpected delays may occur.

Transportation

- You must arrange a ride home before the day of your procedure.
- After your exam, you will not be able to drive or take any other transportation by yourself. You must arrange for a responsible adult to accompany you by car, taxi or public transportation. This is strictly observed for your safety. No exceptions will be made unless you have the procedure without sedation. If you wish to have the procedure without sedation, which is uncommon, please discuss this with your doctor in advance.

Cancellation/No Show Policy for Procedures

- Scheduling time for procedures requires planning and coordination between the staff, doctors, and the hospital. Since the schedule is often carefully planned to avoid delays and having patients taken care of in a timely fashion, it is important that you adhere to the schedule as arranged. Should you need to reschedule or cancel, please do so at least 7 days prior to procedure.
- If you have your menstrual period, the exam will not be affected. However, if you have a fever, please call the office to reschedule.
- If a procedure is not cancelled **at least 7 days in advance**, you will be charged a one-hundred-dollar (\$100) fee. This fee is NOT covered by your insurance company.

Medication Concerns

- If you use **antiplatelets or anticoagulants** such as apixaban (Eliquis), clopidogrel (Plavix), dabigatran (Pradaxa), dipyridamole (Persantine), edoxaban (Savaysa), prasugrel (Effient), rivaroxaban (Xarelto), ticlopidine (Ticlid), or warfarin (Coumadin), contact your prescribing physician.
- If you use dulaglutide (Trulicity), exenatide (Bydureon, Bydureon BCise, Byetta), liraglutide (Saxenda, Victoza, Xultophy), lixisenatide (Adlyxin, Soliqua), semaglutide (Ozempic, Rybelsus, Wegovy), or tirzepatide (Mounjaro, Zepbound), skip 1 dose prior to your procedure.
- If you take ertugliflozin (Steglatro), stop this medication 4 days before your procedure.
- If you take canagliflozin (Invokana), dapagliflozin (Farxiga), or empagliflozin (Jardiance), stop these medication 3 days before your procedure.
- If you take metformin (Fortamet, Glucophage, Glumetza, Riomet), glimepiride (Amaryl), glipizide (Glucotrol), or glyburide (Diabeta, Glycron, Glynase, Micronase), stop these medication 1 day before your procedure.
- Stop taking **iron supplements** and **fiber supplements** 5 days prior to procedure.
- Continue taking daily aspirin if prescribed.

Preparation Instructions

You will need the following:

- One Suprep kit (two 6-oz bottles) — Requires a prescription.

5 days before procedure

- Follow a low residue diet (see attachment for details).
- Avoid foods containing seeds, nuts, corn, and popcorn.

1 day before procedure

- Starting in the morning, begin a clear liquid diet. Clear liquids include water, fruit juices without pulp (apple or white grape juice), carbonated drinks (ginger ale, seltzer, sodas), gelatin, tea or coffee (without milk or cream), sports drinks, fat-free broth, bouillon, frozen juice popsicles.
- Avoid red or purple liquids.

Evening before procedure (between 5–9 p.m.)

- Mix one 6-oz bottle of Suprep with 10 oz of water in mixing container. Drink over 30 minutes.
- Drink 2 more 16-oz containers of water over the next 1 hour.

Morning of procedure (5 hours before procedure)

- Mix second 6-oz bottle of Suprep with 10 oz of water in mixing container. Drink over 30 minutes.
- Drink 2 more 16-oz containers of water over the next 1 hour.
- For those with early morning procedures, this may be in the middle of the night. However, this is important for a successful exam.
- **Finish clear liquids at least 3 hours before procedure.**

Low Residue Diet

Food group	Foods allowed	Foods to avoid
Beverages	Water, coffee, tea, seltzer, carbonated beverages, sodas, clear fruit juices (without pulp)	Fruit juices with pulp
Dairy	Milk (up to 1 cup per day), yogurt, ice cream, custard, butter, sour cream, cream cheese, cottage cheese, cheeses used for food flavoring	Milk (2 or more cups per day), all other cheeses
Proteins	Tender meats (except fried), eggs, tofu	Tough meats, meats with gristle, cured meats, cold cuts, fried meats, frankfurters, sausages
Breads	White bread or baked goods made from refined flour, biscuits, saltines, pancakes, waffles	Whole grain or pumpernickel bread, corn bread, breads containing bran, oats, nuts, seeds, raisins, or dates, graham crackers
Cereals	Corn flakes, rice krispies, grits, farina	Whole grain cereals (wheat, barley, rye, oat), oatmeal, granola
Starches	Potatoes without a skin	Fried potatoes, potato skins
Pasta	Spaghetti, macaroni, noodles	Whole wheat pasta
Grains	White rice	Brown rice, wild rice, buckwheat, quinoa
Legumes	None	Baked beans, dry beans, lima beans, lentils, peas
Fruits	Bananas, applesauce, melons, avocado, canned/cooked fruits without skin (except pineapple)	Raw fruits, dry fruits, berries, coconut, prunes, all other fruits
Vegetables	Lettuce, spinach, tomato sauce, cooked carrots, asparagus, green beans, wax beans, eggplant, pumpkin, and squash (without seeds)	Raw vegetables, vegetables with seeds, broccoli, brussels sprouts, cabbage, corn, cauliflower, onions, sauerkraut, squash
Nuts & Seeds	None	Avoid all nuts and seeds
Miscellaneous	Butter, cream, mayonnaise, or vegetable oils in small amounts; margarine, gravy, ketchup, mustard, oils, chocolate, cocoa, vinegar, salt, salad dressings without seeds, ground spices and herbs in small amounts	Cayenne, chili powder, garlic, horseradish, relish, olives, pickles, popcorn, peanut butter, jam, jelly, marmalade
Soups	Bouillon, broths, cream soups (made with milk allowance and allowed foods)	Soups with non-permitted foods

Billing Information

When calling your insurance company for coverage/benefits, it is important to know what type of procedure you will be having:

1. **Preventative screening colonoscopy:** You have no symptoms, no personal/family history of colon polyps and/or cancer, and are at least 45 years old.
2. **High risk screening colonoscopy:** You have no symptoms. However, you are having a colonoscopy due to personal/family history of colon polyps and/or cancer.
3. **Diagnostic/therapeutic colonoscopy:** You are having symptoms (e.g. abdominal pain, rectal bleeding, change in bowel movements, etc.).

Please note that if you are having symptoms, this will supersede a screening.

Who will bill me

You may receive bills from separate entities associated with your procedure. These may include the physician performing the procedure, the facility, the pathologist/laboratory and/or anesthesia. Each entity has their own separate charges and bills.

Colonoscopy with Sutab Prep

The following instructions will help you prepare for your colonoscopy. These instructions also apply to lower endoscopic ultrasound (EUS) and lower single balloon enteroscopy (SBE). **Please read all instructions in this packet at least 1 week prior to your procedure.** The preparation for this test is the most difficult part of the process. However, a good preparation is essential to allow your doctor to perform a thorough examination.

Date: _____ Procedure time: _____ Arrival time: _____
Physician: _____
Location: _____

Please note that procedure times are not exact and unexpected delays may occur.

Transportation

- You must arrange a ride home before the day of your procedure.
- After your exam, you will not be able to drive or take any other transportation by yourself. You must arrange for a responsible adult to accompany you by car, taxi or public transportation. This is strictly observed for your safety. No exceptions will be made unless you have the procedure without sedation. If you wish to have the procedure without sedation, which is uncommon, please discuss this with your doctor in advance.

Cancellation/No Show Policy for Procedures

- Scheduling time for procedures requires planning and coordination between the staff, doctors, and the hospital. Since the schedule is often carefully planned to avoid delays and having patients taken care of in a timely fashion, it is important that you adhere to the schedule as arranged. Should you need to reschedule or cancel, please do so at least 7 days prior to procedure.
- If you have your menstrual period, the exam will not be affected. However, if you have a fever, please call the office to reschedule.
- If a procedure is not cancelled **at least 7 days in advance**, you will be charged a one-hundred-dollar (\$100) fee. This fee is NOT covered by your insurance company.

Medication Concerns

- If you use **antiplatelets or anticoagulants** such as apixaban (Eliquis), clopidogrel (Plavix), dabigatran (Pradaxa), dipyridamole (Persantine), edoxaban (Savaysa), prasugrel (Effient), rivaroxaban (Xarelto), ticlopidine (Ticlid), or warfarin (Coumadin), contact your prescribing physician.
- If you use dulaglutide (Trulicity), exenatide (Bydureon, Bydureon BCise, Byetta), liraglutide (Saxenda, Victoza, Xultophy), lixisenatide (Adlyxin, Soliqua), semaglutide (Ozempic, Rybelsus, Wegovy), or tirzepatide (Mounjaro, Zepbound), skip 1 dose prior to your procedure.
- If you take ertugliflozin (Steglatro), stop this medication 4 days before your procedure.
- If you take canagliflozin (Invokana), dapagliflozin (Farxiga), or empagliflozin (Jardiance), stop these medication 3 days before your procedure.
- If you take metformin (Fortamet, Glucophage, Glumetza, Riomet), glimepiride (Amaryl), glipizide (Glucotrol), or glyburide (Diabeta, Glycron, Glynase, Micronase), stop these medication 1 day before your procedure.
- Stop taking **iron supplements** and **fiber supplements** 5 days prior to procedure.
- Continue taking daily aspirin if prescribed.

Preparation Instructions

You will need the following:

- One Sutab kit (two bottles of 12 tablets each) — Requires a prescription.

5 days before procedure

- Follow a low residue diet (see attachment for details).
- Avoid foods containing seeds, nuts, corn, and popcorn.

1 day before procedure

- Starting in the morning, begin a clear liquid diet. Clear liquids include water, fruit juices without pulp (apple or white grape juice), carbonated drinks (ginger ale, seltzer, sodas), gelatin, tea or coffee (without milk or cream), sports drinks, fat-free broth, bouillon, frozen juice popsicles.
- Avoid red or purple liquids.

Evening before procedure (between 5–9 p.m.)

- Fill the 16-oz container with water. Swallow 12 tablets of Sutab and drink remaining water over 15–20 minutes.
- One hour later, fill the 16-oz container with water and drink over 30 minutes.
- Another 30 minutes later, fill the 16-oz container with water and drink over 30 minutes.

Morning of procedure (6–8 hours before procedure)

- Fill the 16-oz container with water. Swallow 12 tablets of Sutab and drink remaining water over 15–20 minutes.
- One hour later, fill the 16-oz container with water and drink over 30 minutes.
- Another 30 minutes later, fill the 16-oz container with water and drink over 30 minutes.
- For those with early morning procedures, this may be in the middle of the night. However, this is important for a successful exam.
- **Finish clear liquids at least 3 hours before procedure.**

Low Residue Diet

Food group	Foods allowed	Foods to avoid
Beverages	Water, coffee, tea, seltzer, carbonated beverages, sodas, clear fruit juices (without pulp)	Fruit juices with pulp
Dairy	Milk (up to 1 cup per day), yogurt, ice cream, custard, butter, sour cream, cream cheese, cottage cheese, cheeses used for food flavoring	Milk (2 or more cups per day), all other cheeses
Proteins	Tender meats (except fried), eggs, tofu	Tough meats, meats with gristle, cured meats, cold cuts, fried meats, frankfurters, sausages
Breads	White bread or baked goods made from refined flour, biscuits, saltines, pancakes, waffles	Whole grain or pumpernickel bread, corn bread, breads containing bran, oats, nuts, seeds, raisins, or dates, graham crackers
Cereals	Corn flakes, rice krispies, grits, farina	Whole grain cereals (wheat, barley, rye, oat), oatmeal, granola
Starches	Potatoes without a skin	Fried potatoes, potato skins
Pasta	Spaghetti, macaroni, noodles	Whole wheat pasta
Grains	White rice	Brown rice, wild rice, buckwheat, quinoa
Legumes	None	Baked beans, dry beans, lima beans, lentils, peas
Fruits	Bananas, applesauce, melons, avocado, canned/cooked fruits without skin (except pineapple)	Raw fruits, dry fruits, berries, coconut, prunes, all other fruits
Vegetables	Lettuce, spinach, tomato sauce, cooked carrots, asparagus, green beans, wax beans, eggplant, pumpkin, and squash (without seeds)	Raw vegetables, vegetables with seeds, broccoli, brussels sprouts, cabbage, corn, cauliflower, onions, sauerkraut, squash
Nuts & Seeds	None	Avoid all nuts and seeds
Miscellaneous	Butter, cream, mayonnaise, or vegetable oils in small amounts; margarine, gravy, ketchup, mustard, oils, chocolate, cocoa, vinegar, salt, salad dressings without seeds, ground spices and herbs in small amounts	Cayenne, chili powder, garlic, horseradish, relish, olives, pickles, popcorn, peanut butter, jam, jelly, marmalade
Soups	Bouillon, broths, cream soups (made with milk allowance and allowed foods)	Soups with non-permitted foods

Billing Information

When calling your insurance company for coverage/benefits, it is important to know what type of procedure you will be having:

1. **Preventative screening colonoscopy:** You have no symptoms, no personal/family history of colon polyps and/or cancer, and are at least 45 years old.
2. **High risk screening colonoscopy:** You have no symptoms. However, you are having a colonoscopy due to personal/family history of colon polyps and/or cancer.
3. **Diagnostic/therapeutic colonoscopy:** You are having symptoms (e.g. abdominal pain, rectal bleeding, change in bowel movements, etc.).

Please note that if you are having symptoms, this will supersede a screening.

Who will bill me

You may receive bills from separate entities associated with your procedure. These may include the physician performing the procedure, the facility, the pathologist/laboratory and/or anesthesia. Each entity has their own separate charges and bills.

Colonoscopy with Magnesium Citrate Prep

The following instructions will help you prepare for your colonoscopy. These instructions also apply to lower endoscopic ultrasound (EUS) and lower single balloon enteroscopy (SBE). **Please read all instructions in this packet at least 1 week prior to your procedure.** The preparation for this test is the most difficult part of the process. However, a good preparation is essential to allow your doctor to perform a thorough examination.

Date: _____ Procedure time: _____ Arrival time: _____
Physician: _____
Location: _____

Please note that procedure times are not exact and unexpected delays may occur.

Transportation

- You must arrange a ride home before the day of your procedure.
- After your exam, you will not be able to drive or take any other transportation by yourself. You must arrange for a responsible adult to accompany you by car, taxi or public transportation. This is strictly observed for your safety. No exceptions will be made unless you have the procedure without sedation. If you wish to have the procedure without sedation, which is uncommon, please discuss this with your doctor in advance.

Cancellation/No Show Policy for Procedures

- Scheduling time for procedures requires planning and coordination between the staff, doctors, and the hospital. Since the schedule is often carefully planned to avoid delays and having patients taken care of in a timely fashion, it is important that you adhere to the schedule as arranged. Should you need to reschedule or cancel, please do so at least 7 days prior to procedure.
- If you have your menstrual period, the exam will not be affected. However, if you have a fever, please call the office to reschedule.
- If a procedure is not cancelled **at least 7 days in advance**, you will be charged a one-hundred-dollar (\$100) fee. This fee is NOT covered by your insurance company.

Medication Concerns

- If you use **antiplatelets or anticoagulants** such as apixaban (Eliquis), clopidogrel (Plavix), dabigatran (Pradaxa), dipyridamole (Persantine), edoxaban (Savaysa), prasugrel (Effient), rivaroxaban (Xarelto), ticlopidine (Ticlid), or warfarin (Coumadin), contact your prescribing physician.
- If you use dulaglutide (Trulicity), exenatide (Bydureon, Bydureon BCise, Byetta), liraglutide (Saxenda, Victoza, Xultophy), lixisenatide (Adlyxin, Soliqua), semaglutide (Ozempic, Rybelsus, Wegovy), or tirzepatide (Mounjaro, Zepbound), skip 1 dose prior to your procedure.
- If you take ertugliflozin (Steglatro), stop this medication 4 days before your procedure.
- If you take canagliflozin (Invokana), dapagliflozin (Farxiga), or empagliflozin (Jardiance), stop these medication 3 days before your procedure.
- If you take metformin (Fortamet, Glucophage, Glumetza, Riomet), glimepiride (Amaryl), glipizide (Glucotrol), or glyburide (Diabeta, Glycron, Glynase, Micronase), stop these medication 1 day before your procedure.
- Stop taking **iron supplements** and **fiber supplements** 5 days prior to procedure.
- Continue taking daily aspirin if prescribed.

Preparation Instructions

You will need the following:

- Three bottles of magnesium citrate (10 oz) — Available over the counter.

5 days before procedure

- Follow a low residue diet (see attachment for details).
- Avoid foods containing seeds, nuts, corn, and popcorn.

1 day before procedure

- Starting in the morning, begin a clear liquid diet. Clear liquids include water, fruit juices without pulp (apple or white grape juice), carbonated drinks (ginger ale, seltzer, sodas), gelatin, tea or coffee (without milk or cream), sports drinks, fat-free broth, bouillon, frozen juice popsicles.
- Avoid red or purple liquids.

Evening before procedure (between 5–9 p.m.)

- Drink first bottle of magnesium citrate slowly over 45 minutes.
- Drink 3 large glasses (8–10 oz) of clear fluids over the next 2 hours.
- Wait 2 hours between finishing the first bottle and starting the second bottle.
- Drink second bottle of magnesium citrate slowly over 45 minutes.
- Drink 3 large glasses (8–10 oz) of clear fluids over the next 2 hours.

Morning of procedure (5 hours before procedure)

- Drink third bottle of magnesium citrate slowly over 45 minutes.
- Drink 3 large glasses (8–10 oz) of clear fluids over the next 2 hours.
- For those with early morning procedures, this may be in the middle of the night. However, this is important for a successful exam.
- **Finish clear liquids at least 3 hours before procedure.**

Low Residue Diet

Food group	Foods allowed	Foods to avoid
Beverages	Water, coffee, tea, seltzer, carbonated beverages, sodas, clear fruit juices (without pulp)	Fruit juices with pulp
Dairy	Milk (up to 1 cup per day), yogurt, ice cream, custard, butter, sour cream, cream cheese, cottage cheese, cheeses used for food flavoring	Milk (2 or more cups per day), all other cheeses
Proteins	Tender meats (except fried), eggs, tofu	Tough meats, meats with gristle, cured meats, cold cuts, fried meats, frankfurters, sausages
Breads	White bread or baked goods made from refined flour, biscuits, saltines, pancakes, waffles	Whole grain or pumpernickel bread, corn bread, breads containing bran, oats, nuts, seeds, raisins, or dates, graham crackers
Cereals	Corn flakes, rice krispies, grits, farina	Whole grain cereals (wheat, barley, rye, oat), oatmeal, granola
Starches	Potatoes without a skin	Fried potatoes, potato skins
Pasta	Spaghetti, macaroni, noodles	Whole wheat pasta
Grains	White rice	Brown rice, wild rice, buckwheat, quinoa
Legumes	None	Baked beans, dry beans, lima beans, lentils, peas
Fruits	Bananas, applesauce, melons, avocado, canned/cooked fruits without skin (except pineapple)	Raw fruits, dry fruits, berries, coconut, prunes, all other fruits
Vegetables	Lettuce, spinach, tomato sauce, cooked carrots, asparagus, green beans, wax beans, eggplant, pumpkin, and squash (without seeds)	Raw vegetables, vegetables with seeds, broccoli, brussels sprouts, cabbage, corn, cauliflower, onions, sauerkraut, squash
Nuts & Seeds	None	Avoid all nuts and seeds
Miscellaneous	Butter, cream, mayonnaise, or vegetable oils in small amounts; margarine, gravy, ketchup, mustard, oils, chocolate, cocoa, vinegar, salt, salad dressings without seeds, ground spices and herbs in small amounts	Cayenne, chili powder, garlic, horseradish, relish, olives, pickles, popcorn, peanut butter, jam, jelly, marmalade
Soups	Bouillon, broths, cream soups (made with milk allowance and allowed foods)	Soups with non-permitted foods

Billing Information

When calling your insurance company for coverage/benefits, it is important to know what type of procedure you will be having:

1. **Preventative screening colonoscopy:** You have no symptoms, no personal/family history of colon polyps and/or cancer, and are at least 45 years old.
2. **High risk screening colonoscopy:** You have no symptoms. However, you are having a colonoscopy due to personal/family history of colon polyps and/or cancer.
3. **Diagnostic/therapeutic colonoscopy:** You are having symptoms (e.g. abdominal pain, rectal bleeding, change in bowel movements, etc.).

Please note that if you are having symptoms, this will supersede a screening.

Who will bill me

You may receive bills from separate entities associated with your procedure. These may include the physician performing the procedure, the facility, the pathologist/laboratory and/or anesthesia. Each entity has their own separate charges and bills.

Colonoscopy with Miralax/Gatorade + Bisacodyl Prep

The following instructions will help you prepare for your colonoscopy. These instructions also apply to lower endoscopic ultrasound (EUS) and lower single balloon enteroscopy (SBE). **Please read all instructions in this packet at least 1 week prior to your procedure.** The preparation for this test is the most difficult part of the process. However, a good preparation is essential to allow your doctor to perform a thorough examination.

Date: _____ Procedure time: _____ Arrival time: _____
Physician: _____
Location: _____

Please note that procedure times are not exact and unexpected delays may occur.

Transportation

- You must arrange a ride home before the day of your procedure.
- After your exam, you will not be able to drive or take any other transportation by yourself. You must arrange for a responsible adult to accompany you by car, taxi or public transportation. This is strictly observed for your safety. No exceptions will be made unless you have the procedure without sedation. If you wish to have the procedure without sedation, which is uncommon, please discuss this with your doctor in advance.

Cancellation/No Show Policy for Procedures

- Scheduling time for procedures requires planning and coordination between the staff, doctors, and the hospital. Since the schedule is often carefully planned to avoid delays and having patients taken care of in a timely fashion, it is important that you adhere to the schedule as arranged. Should you need to reschedule or cancel, please do so at least 7 days prior to procedure.
- If you have your menstrual period, the exam will not be affected. However, if you have a fever, please call the office to reschedule.
- If a procedure is not cancelled **at least 7 days in advance**, you will be charged a one-hundred-dollar (\$100) fee. This fee is NOT covered by your insurance company.

Medication Concerns

- If you use **antiplatelets or anticoagulants** such as apixaban (Eliquis), clopidogrel (Plavix), dabigatran (Pradaxa), dipyridamole (Persantine), edoxaban (Savaysa), prasugrel (Effient), rivaroxaban (Xarelto), ticlopidine (Ticlid), or warfarin (Coumadin), contact your prescribing physician.
- If you use dulaglutide (Trulicity), exenatide (Bydureon, Bydureon BCise, Byetta), liraglutide (Saxenda, Victoza, Xultophy), lixisenatide (Adlyxin, Soliqua), semaglutide (Ozempic, Rybelsus, Wegovy), or tirzepatide (Mounjaro, Zepbound), skip 1 dose prior to your procedure.
- If you take ertugliflozin (Steglatro), stop this medication 4 days before your procedure.
- If you take canagliflozin (Invokana), dapagliflozin (Farxiga), or empagliflozin (Jardiance), stop these medication 3 days before your procedure.
- If you take metformin (Fortamet, Glucophage, Glumetza, Riomet), glimepiride (Amaryl), glipizide (Glucotrol), or glyburide (Diabeta, Glycron, Glynase, Micronase), stop these medication 1 day before your procedure.
- Stop taking **iron supplements** and **fiber supplements** 5 days prior to procedure.
- Continue taking daily aspirin if prescribed.

Preparation Instructions

You will need the following:

- One bottle of Miralax (238 g) — Available over the counter.
- Two bisacodyl tablets (5 mg each) — Available over the counter.
- Two bottles of Gatorade (32 oz)

5 days before procedure

- Follow a low residue diet (see attachment for details).
- Avoid foods containing seeds, nuts, corn, and popcorn.

1 day before procedure

- Starting in the morning, begin a clear liquid diet. Clear liquids include water, fruit juices without pulp (apple or white grape juice), carbonated drinks (ginger ale, seltzer, sodas), gelatin, tea or coffee (without milk or cream), sports drinks, fat-free broth, bouillon, frozen juice popsicles.
- Avoid red or purple liquids.

Evening before procedure (between 5–9 p.m.)

- Take 2 tablets of bisacodyl (5 mg each).
- Mix the Miralax bottle with 64-oz of Gatorade.
- Drink 8 ounces (1 cup) of Miralax/Gatorade every 20 minutes until half the prep is gone.
- Store the remaining prep in the refrigerator.

Morning of procedure (5 hours before procedure)

- Drink 8 ounces (1 cup) of the remaining Miralax/Gatorade every 20 minutes until done.
- For those with early morning procedures, this may be in the middle of the night. However, this is important for a successful exam.
- **Finish clear liquids at least 3 hours before procedure.**

Low Residue Diet

Food group	Foods allowed	Foods to avoid
Beverages	Water, coffee, tea, seltzer, carbonated beverages, sodas, clear fruit juices (without pulp)	Fruit juices with pulp
Dairy	Milk (up to 1 cup per day), yogurt, ice cream, custard, butter, sour cream, cream cheese, cottage cheese, cheeses used for food flavoring	Milk (2 or more cups per day), all other cheeses
Proteins	Tender meats (except fried), eggs, tofu	Tough meats, meats with gristle, cured meats, cold cuts, fried meats, frankfurters, sausages
Breads	White bread or baked goods made from refined flour, biscuits, saltines, pancakes, waffles	Whole grain or pumpernickel bread, corn bread, breads containing bran, oats, nuts, seeds, raisins, or dates, graham crackers
Cereals	Corn flakes, rice krispies, grits, farina	Whole grain cereals (wheat, barley, rye, oat), oatmeal, granola
Starches	Potatoes without a skin	Fried potatoes, potato skins
Pasta	Spaghetti, macaroni, noodles	Whole wheat pasta
Grains	White rice	Brown rice, wild rice, buckwheat, quinoa
Legumes	None	Baked beans, dry beans, lima beans, lentils, peas
Fruits	Bananas, applesauce, melons, avocado, canned/cooked fruits without skin (except pineapple)	Raw fruits, dry fruits, berries, coconut, prunes, all other fruits
Vegetables	Lettuce, spinach, tomato sauce, cooked carrots, asparagus, green beans, wax beans, eggplant, pumpkin, and squash (without seeds)	Raw vegetables, vegetables with seeds, broccoli, brussels sprouts, cabbage, corn, cauliflower, onions, sauerkraut, squash
Nuts & Seeds	None	Avoid all nuts and seeds
Miscellaneous	Butter, cream, mayonnaise, or vegetable oils in small amounts; margarine, gravy, ketchup, mustard, oils, chocolate, cocoa, vinegar, salt, salad dressings without seeds, ground spices and herbs in small amounts	Cayenne, chili powder, garlic, horseradish, relish, olives, pickles, popcorn, peanut butter, jam, jelly, marmalade
Soups	Bouillon, broths, cream soups (made with milk allowance and allowed foods)	Soups with non-permitted foods

Billing Information

When calling your insurance company for coverage/benefits, it is important to know what type of procedure you will be having:

1. **Preventative screening colonoscopy:** You have no symptoms, no personal/family history of colon polyps and/or cancer, and are at least 45 years old.
2. **High risk screening colonoscopy:** You have no symptoms. However, you are having a colonoscopy due to personal/family history of colon polyps and/or cancer.
3. **Diagnostic/therapeutic colonoscopy:** You are having symptoms (e.g. abdominal pain, rectal bleeding, change in bowel movements, etc.).

Please note that if you are having symptoms, this will supersede a screening.

Who will bill me

You may receive bills from separate entities associated with your procedure. These may include the physician performing the procedure, the facility, the pathologist/laboratory and/or anesthesia. Each entity has their own separate charges and bills.

Colonoscopy with Clenpiq 2-Day Prep (with Magnesium Citrate)

The following instructions will help you prepare for your colonoscopy. These instructions also apply to lower endoscopic ultrasound (EUS) and lower single balloon enteroscopy (SBE). **Please read all instructions in this packet at least 1 week prior to your procedure.** The preparation for this test is the most difficult part of the process. However, a good preparation is essential to allow your doctor to perform a thorough examination.

Date:

Procedure time:

Arrival time:

Physician:

Location:

Please note that procedure times are not exact and unexpected delays may occur.

Transportation

- You must arrange a ride home before the day of your procedure.
- After your exam, you will not be able to drive or take any other transportation by yourself. You must arrange for a responsible adult to accompany you by car, taxi or public transportation. This is strictly observed for your safety. No exceptions will be made unless you have the procedure without sedation. If you wish to have the procedure without sedation, which is uncommon, please discuss this with your doctor in advance.

Cancellation/No Show Policy for Procedures

- Scheduling time for procedures requires planning and coordination between the staff, doctors, and the hospital. Since the schedule is often carefully planned to avoid delays and having patients taken care of in a timely fashion, it is important that you adhere to the schedule as arranged. Should you need to reschedule or cancel, please do so at least 7 days prior to procedure.
- If you have your menstrual period, the exam will not be affected. However, if you have a fever, please call the office to reschedule.
- If a procedure is not cancelled **at least 7 days in advance**, you will be charged a one-hundred-dollar (\$100) fee. This fee is NOT covered by your insurance company.

Medication Concerns

- If you use **antiplatelets or anticoagulants** such as apixaban (Eliquis), clopidogrel (Plavix), dabigatran (Pradaxa), dipyridamole (Persantine), edoxaban (Savaysa), prasugrel (Effient), rivaroxaban (Xarelto), ticlopidine (Ticlid), or warfarin (Coumadin), contact your prescribing physician.
- If you use dulaglutide (Trulicity), exenatide (Bydureon, Bydureon BCise, Byetta), liraglutide (Saxenda, Victoza, Xultophy), lixisenatide (Adlyxin, Soliqua), semaglutide (Ozempic, Rybelsus, Wegovy), or tirzepatide (Mounjaro, Zepbound), skip 1 dose prior to your procedure.
- If you take ertugliflozin (Steglatro), stop this medication 4 days before your procedure.
- If you take canagliflozin (Invokana), dapagliflozin (Farxiga), or empagliflozin (Jardiance), stop these medication 3 days before your procedure.
- If you take metformin (Fortamet, Glucophage, Glumetza, Riomet), glimepiride (Amaryl), glipizide (Glucotrol), or glyburide (Diabeta, Glycron, Glynase, Micronase), stop these medication 1 day before your procedure.
- Stop taking **iron supplements** and **fiber supplements** 5 days prior to procedure.
- Continue taking daily aspirin if prescribed.

Preparation Instructions

You will need the following:

- One Clenpiq kit (two 5.8-oz bottles) — Requires a prescription.
- Two bottles of magnesium citrate (10 oz) — Available over the counter.

5 days before procedure

- Follow a low residue diet (see attachment for details).
- Avoid foods containing seeds, nuts, corn, and popcorn.

2 days before procedure

- Starting at 5 p.m., drink first bottle of magnesium citrate slowly over 45 minutes.
- Drink 3 large glasses (8–10 oz) of clear fluids over the next 2 hours.
- Wait 2 hours between finishing the first bottle and starting the second bottle.
- Drink second bottle of magnesium citrate slowly over 45 minutes.
- Drink 3 large glasses (8–10 oz) of clear fluids over the next 2 hours.

1 day before procedure

- Starting in the morning, begin a clear liquid diet. Clear liquids include water, fruit juices without pulp (apple or white grape juice), carbonated drinks (ginger ale, seltzer, sodas), gelatin, tea or coffee (without milk or cream), sports drinks, fat-free broth, bouillon, frozen juice popsicles.
- Avoid red or purple liquids.

Evening before procedure (between 5–9 p.m.)

- Drink first bottle of Clenpiq.
- Drink 5 cups (40 oz) or more of clear liquids.

Morning of procedure (5 hours before procedure)

- Drink second bottle of Clenpiq and 4 cups (32 oz) or more of clear liquids.
- For those with early morning procedures, this may be in the middle of the night. However, this is important for a successful exam.
- **Finish clear liquids at least 3 hours before procedure.**

Low Residue Diet

Food group	Foods allowed	Foods to avoid
Beverages	Water, coffee, tea, seltzer, carbonated beverages, sodas, clear fruit juices (without pulp)	Fruit juices with pulp
Dairy	Milk (up to 1 cup per day), yogurt, ice cream, custard, butter, sour cream, cream cheese, cottage cheese, cheeses used for food flavoring	Milk (2 or more cups per day), all other cheeses
Proteins	Tender meats (except fried), eggs, tofu	Tough meats, meats with gristle, cured meats, cold cuts, fried meats, frankfurters, sausages
Breads	White bread or baked goods made from refined flour, biscuits, saltines, pancakes, waffles	Whole grain or pumpernickel bread, corn bread, breads containing bran, oats, nuts, seeds, raisins, or dates, graham crackers
Cereals	Corn flakes, rice krispies, grits, farina	Whole grain cereals (wheat, barley, rye, oat), oatmeal, granola
Starches	Potatoes without a skin	Fried potatoes, potato skins
Pasta	Spaghetti, macaroni, noodles	Whole wheat pasta
Grains	White rice	Brown rice, wild rice, buckwheat, quinoa
Legumes	None	Baked beans, dry beans, lima beans, lentils, peas
Fruits	Bananas, applesauce, melons, avocado, canned/cooked fruits without skin (except pineapple)	Raw fruits, dry fruits, berries, coconut, prunes, all other fruits
Vegetables	Lettuce, spinach, tomato sauce, cooked carrots, asparagus, green beans, wax beans, eggplant, pumpkin, and squash (without seeds)	Raw vegetables, vegetables with seeds, broccoli, brussels sprouts, cabbage, corn, cauliflower, onions, sauerkraut, squash
Nuts & Seeds	None	Avoid all nuts and seeds
Miscellaneous	Butter, cream, mayonnaise, or vegetable oils in small amounts; margarine, gravy, ketchup, mustard, oils, chocolate, cocoa, vinegar, salt, salad dressings without seeds, ground spices and herbs in small amounts	Cayenne, chili powder, garlic, horseradish, relish, olives, pickles, popcorn, peanut butter, jam, jelly, marmalade
Soups	Bouillon, broths, cream soups (made with milk allowance and allowed foods)	Soups with non-permitted foods

Billing Information

When calling your insurance company for coverage/benefits, it is important to know what type of procedure you will be having:

1. **Preventative screening colonoscopy:** You have no symptoms, no personal/family history of colon polyps and/or cancer, and are at least 45 years old.
2. **High risk screening colonoscopy:** You have no symptoms. However, you are having a colonoscopy due to personal/family history of colon polyps and/or cancer.
3. **Diagnostic/therapeutic colonoscopy:** You are having symptoms (e.g. abdominal pain, rectal bleeding, change in bowel movements, etc.).

Please note that if you are having symptoms, this will supersede a screening.

Who will bill me

You may receive bills from separate entities associated with your procedure. These may include the physician performing the procedure, the facility, the pathologist/laboratory and/or anesthesia. Each entity has their own separate charges and bills.

Colonoscopy with Golytely 2-Day Prep (with Magnesium Citrate)

The following instructions will help you prepare for your colonoscopy. These instructions also apply to lower endoscopic ultrasound (EUS) and lower single balloon enteroscopy (SBE). **Please read all instructions in this packet at least 1 week prior to your procedure.** The preparation for this test is the most difficult part of the process. However, a good preparation is essential to allow your doctor to perform a thorough examination.

Date:

Procedure time:

Arrival time:

Physician:

Location:

Please note that procedure times are not exact and unexpected delays may occur.

Transportation

- You must arrange a ride home before the day of your procedure.
- After your exam, you will not be able to drive or take any other transportation by yourself. You must arrange for a responsible adult to accompany you by car, taxi or public transportation. This is strictly observed for your safety. No exceptions will be made unless you have the procedure without sedation. If you wish to have the procedure without sedation, which is uncommon, please discuss this with your doctor in advance.

Cancellation/No Show Policy for Procedures

- Scheduling time for procedures requires planning and coordination between the staff, doctors, and the hospital. Since the schedule is often carefully planned to avoid delays and having patients taken care of in a timely fashion, it is important that you adhere to the schedule as arranged. Should you need to reschedule or cancel, please do so at least 7 days prior to procedure.
- If you have your menstrual period, the exam will not be affected. However, if you have a fever, please call the office to reschedule.
- If a procedure is not cancelled **at least 7 days in advance**, you will be charged a one-hundred-dollar (\$100) fee. This fee is NOT covered by your insurance company.

Medication Concerns

- If you use **antiplatelets or anticoagulants** such as apixaban (Eliquis), clopidogrel (Plavix), dabigatran (Pradaxa), dipyridamole (Persantine), edoxaban (Savaysa), prasugrel (Effient), rivaroxaban (Xarelto), ticlopidine (Ticlid), or warfarin (Coumadin), contact your prescribing physician.
- If you use dulaglutide (Trulicity), exenatide (Bydureon, Bydureon BCise, Byetta), liraglutide (Saxenda, Victoza, Xultophy), lixisenatide (Adlyxin, Soliqua), semaglutide (Ozempic, Rybelsus, Wegovy), or tirzepatide (Mounjaro, Zepbound), skip 1 dose prior to your procedure.
- If you take ertugliflozin (Steglatro), stop this medication 4 days before your procedure.
- If you take canagliflozin (Invokana), dapagliflozin (Farxiga), or empagliflozin (Jardiance), stop these medication 3 days before your procedure.
- If you take metformin (Fortamet, Glucophage, Glumetza, Riomet), glimepiride (Amaryl), glipizide (Glucotrol), or glyburide (Diabeta, Glycron, Glynase, Micronase), stop these medication 1 day before your procedure.
- Stop taking **iron supplements** and **fiber supplements** 5 days prior to procedure.
- Continue taking daily aspirin if prescribed.

Preparation Instructions

You will need the following:

- One bottle of Golytely (4 liters) — Requires a prescription.
- Two bottles of magnesium citrate (10 oz) — Available over the counter.

5 days before procedure

- Follow a low residue diet (see attachment for details).
- Avoid foods containing seeds, nuts, corn, and popcorn.

2 days before procedure

- Starting at 5 p.m., drink first bottle of magnesium citrate slowly over 45 minutes.
- Drink 3 large glasses (8–10 oz) of clear fluids over the next 2 hours.
- Wait 2 hours between finishing the first bottle and starting the second bottle.
- Drink second bottle of magnesium citrate slowly over 45 minutes.
- Drink 3 large glasses (8–10 oz) of clear fluids over the next 2 hours.

1 day before procedure

- Starting in the morning, begin a clear liquid diet. Clear liquids include water, fruit juices without pulp (apple or white grape juice), carbonated drinks (ginger ale, seltzer, sodas), gelatin, tea or coffee (without milk or cream), sports drinks, fat-free broth, bouillon, frozen juice popsicles.
- Avoid red or purple liquids.

Evening before procedure (between 5–9 p.m.)

- Drink 8 ounces (1 cup) of Golytely every 20 minutes until half the prep (2 liters) is gone.

Morning of procedure (6–8 hours before procedure)

- Drink the second half of the Golytely prep. Drink 8 ounces (1 cup) of Golytely every 20 minutes until done.
- For those with early morning procedures, this may be in the middle of the night. However, this is important for a successful exam.
- **Finish clear liquids at least 3 hours before procedure.**

Low Residue Diet

Food group	Foods allowed	Foods to avoid
Beverages	Water, coffee, tea, seltzer, carbonated beverages, sodas, clear fruit juices (without pulp)	Fruit juices with pulp
Dairy	Milk (up to 1 cup per day), yogurt, ice cream, custard, butter, sour cream, cream cheese, cottage cheese, cheeses used for food flavoring	Milk (2 or more cups per day), all other cheeses
Proteins	Tender meats (except fried), eggs, tofu	Tough meats, meats with gristle, cured meats, cold cuts, fried meats, frankfurters, sausages
Breads	White bread or baked goods made from refined flour, biscuits, saltines, pancakes, waffles	Whole grain or pumpernickel bread, corn bread, breads containing bran, oats, nuts, seeds, raisins, or dates, graham crackers
Cereals	Corn flakes, rice krispies, grits, farina	Whole grain cereals (wheat, barley, rye, oat), oatmeal, granola
Starches	Potatoes without a skin	Fried potatoes, potato skins
Pasta	Spaghetti, macaroni, noodles	Whole wheat pasta
Grains	White rice	Brown rice, wild rice, buckwheat, quinoa
Legumes	None	Baked beans, dry beans, lima beans, lentils, peas
Fruits	Bananas, applesauce, melons, avocado, canned/cooked fruits without skin (except pineapple)	Raw fruits, dry fruits, berries, coconut, prunes, all other fruits
Vegetables	Lettuce, spinach, tomato sauce, cooked carrots, asparagus, green beans, wax beans, eggplant, pumpkin, and squash (without seeds)	Raw vegetables, vegetables with seeds, broccoli, brussels sprouts, cabbage, corn, cauliflower, onions, sauerkraut, squash
Nuts & Seeds	None	Avoid all nuts and seeds
Miscellaneous	Butter, cream, mayonnaise, or vegetable oils in small amounts; margarine, gravy, ketchup, mustard, oils, chocolate, cocoa, vinegar, salt, salad dressings without seeds, ground spices and herbs in small amounts	Cayenne, chili powder, garlic, horseradish, relish, olives, pickles, popcorn, peanut butter, jam, jelly, marmalade
Soups	Bouillon, broths, cream soups (made with milk allowance and allowed foods)	Soups with non-permitted foods

Billing Information

When calling your insurance company for coverage/benefits, it is important to know what type of procedure you will be having:

1. **Preventative screening colonoscopy:** You have no symptoms, no personal/family history of colon polyps and/or cancer, and are at least 45 years old.
2. **High risk screening colonoscopy:** You have no symptoms. However, you are having a colonoscopy due to personal/family history of colon polyps and/or cancer.
3. **Diagnostic/therapeutic colonoscopy:** You are having symptoms (e.g. abdominal pain, rectal bleeding, change in bowel movements, etc.).

Please note that if you are having symptoms, this will supersede a screening.

Who will bill me

You may receive bills from separate entities associated with your procedure. These may include the physician performing the procedure, the facility, the pathologist/laboratory and/or anesthesia. Each entity has their own separate charges and bills.

Colonoscopy with Plenvu 2-Day Prep (with Magnesium Citrate)

The following instructions will help you prepare for your colonoscopy. These instructions also apply to lower endoscopic ultrasound (EUS) and lower single balloon enteroscopy (SBE). **Please read all instructions in this packet at least 1 week prior to your procedure.** The preparation for this test is the most difficult part of the process. However, a good preparation is essential to allow your doctor to perform a thorough examination.

Date:

Procedure time:

Arrival time:

Physician:

Location:

Please note that procedure times are not exact and unexpected delays may occur.

Transportation

- You must arrange a ride home before the day of your procedure.
- After your exam, you will not be able to drive or take any other transportation by yourself. You must arrange for a responsible adult to accompany you by car, taxi or public transportation. This is strictly observed for your safety. No exceptions will be made unless you have the procedure without sedation. If you wish to have the procedure without sedation, which is uncommon, please discuss this with your doctor in advance.

Cancellation/No Show Policy for Procedures

- Scheduling time for procedures requires planning and coordination between the staff, doctors, and the hospital. Since the schedule is often carefully planned to avoid delays and having patients taken care of in a timely fashion, it is important that you adhere to the schedule as arranged. Should you need to reschedule or cancel, please do so at least 7 days prior to procedure.
- If you have your menstrual period, the exam will not be affected. However, if you have a fever, please call the office to reschedule.
- If a procedure is not cancelled **at least 7 days in advance**, you will be charged a one-hundred-dollar (\$100) fee. This fee is NOT covered by your insurance company.

Medication Concerns

- If you use **antiplatelets or anticoagulants** such as apixaban (Eliquis), clopidogrel (Plavix), dabigatran (Pradaxa), dipyridamole (Persantine), edoxaban (Savaysa), prasugrel (Effient), rivaroxaban (Xarelto), ticlopidine (Ticlid), or warfarin (Coumadin), contact your prescribing physician.
- If you use dulaglutide (Trulicity), exenatide (Bydureon, Bydureon BCise, Byetta), liraglutide (Saxenda, Victoza, Xultophy), lixisenatide (Adlyxin, Soliqua), semaglutide (Ozempic, Rybelsus, Wegovy), or tirzepatide (Mounjaro, Zepbound), skip 1 dose prior to your procedure.
- If you take ertugliflozin (Steglatro), stop this medication 4 days before your procedure.
- If you take canagliflozin (Invokana), dapagliflozin (Farxiga), or empagliflozin (Jardiance), stop these medication 3 days before your procedure.
- If you take metformin (Fortamet, Glucophage, Glumetza, Riomet), glimepiride (Amaryl), glipizide (Glucotrol), or glyburide (Diabeta, Glycron, Glynase, Micronase), stop these medication 1 day before your procedure.
- Stop taking **iron supplements** and **fiber supplements** 5 days prior to procedure.
- Continue taking daily aspirin if prescribed.

Preparation Instructions

You will need the following:

- One Plenvu kit (3 pouches) — Requires a prescription.
- Two bottles of magnesium citrate (10 oz) — Available over the counter.

5 days before procedure

- Follow a low residue diet (see attachment for details).
- Avoid foods containing seeds, nuts, corn, and popcorn.

2 days before procedure

- Starting at 5 p.m., drink first bottle of magnesium citrate slowly over 45 minutes.
- Drink 3 large glasses (8–10 oz) of clear fluids over the next 2 hours.
- Wait 2 hours between finishing the first bottle and starting the second bottle.
- Drink second bottle of magnesium citrate slowly over 45 minutes.
- Drink 3 large glasses (8–10 oz) of clear fluids over the next 2 hours.

1 day before procedure

- Starting in the morning, begin a clear liquid diet. Clear liquids include water, fruit juices without pulp (apple or white grape juice), carbonated drinks (ginger ale, seltzer, sodas), gelatin, tea or coffee (without milk or cream), sports drinks, fat-free broth, bouillon, frozen juice popsicles.
- Avoid red or purple liquids.

Evening before procedure (between 5–9 p.m.)

- Mix contents of Dose 1 pouch with 16-oz of water in mixing container. Drink over 30 minutes.
- Refill the 16-oz container with clear liquids and drink over 30 minutes.

Morning of procedure (5 hours before procedure)

- Mix contents of Dose 2 (Pouch A and Pouch B) with 16-oz of water in mixing container. Drink over 30 minutes.
- Refill the 16-oz container with clear liquids and drink over 30 minutes.
- For those with early morning procedures, this may be in the middle of the night. However, this is important for a successful exam.
- **Finish clear liquids at least 3 hours before procedure.**

Low Residue Diet

Food group	Foods allowed	Foods to avoid
Beverages	Water, coffee, tea, seltzer, carbonated beverages, sodas, clear fruit juices (without pulp)	Fruit juices with pulp
Dairy	Milk (up to 1 cup per day), yogurt, ice cream, custard, butter, sour cream, cream cheese, cottage cheese, cheeses used for food flavoring	Milk (2 or more cups per day), all other cheeses
Proteins	Tender meats (except fried), eggs, tofu	Tough meats, meats with gristle, cured meats, cold cuts, fried meats, frankfurters, sausages
Breads	White bread or baked goods made from refined flour, biscuits, saltines, pancakes, waffles	Whole grain or pumpernickel bread, corn bread, breads containing bran, oats, nuts, seeds, raisins, or dates, graham crackers
Cereals	Corn flakes, rice krispies, grits, farina	Whole grain cereals (wheat, barley, rye, oat), oatmeal, granola
Starches	Potatoes without a skin	Fried potatoes, potato skins
Pasta	Spaghetti, macaroni, noodles	Whole wheat pasta
Grains	White rice	Brown rice, wild rice, buckwheat, quinoa
Legumes	None	Baked beans, dry beans, lima beans, lentils, peas
Fruits	Bananas, applesauce, melons, avocado, canned/cooked fruits without skin (except pineapple)	Raw fruits, dry fruits, berries, coconut, prunes, all other fruits
Vegetables	Lettuce, spinach, tomato sauce, cooked carrots, asparagus, green beans, wax beans, eggplant, pumpkin, and squash (without seeds)	Raw vegetables, vegetables with seeds, broccoli, brussels sprouts, cabbage, corn, cauliflower, onions, sauerkraut, squash
Nuts & Seeds	None	Avoid all nuts and seeds
Miscellaneous	Butter, cream, mayonnaise, or vegetable oils in small amounts; margarine, gravy, ketchup, mustard, oils, chocolate, cocoa, vinegar, salt, salad dressings without seeds, ground spices and herbs in small amounts	Cayenne, chili powder, garlic, horseradish, relish, olives, pickles, popcorn, peanut butter, jam, jelly, marmalade
Soups	Bouillon, broths, cream soups (made with milk allowance and allowed foods)	Soups with non-permitted foods

Billing Information

When calling your insurance company for coverage/benefits, it is important to know what type of procedure you will be having:

1. **Preventative screening colonoscopy:** You have no symptoms, no personal/family history of colon polyps and/or cancer, and are at least 45 years old.
2. **High risk screening colonoscopy:** You have no symptoms. However, you are having a colonoscopy due to personal/family history of colon polyps and/or cancer.
3. **Diagnostic/therapeutic colonoscopy:** You are having symptoms (e.g. abdominal pain, rectal bleeding, change in bowel movements, etc.).

Please note that if you are having symptoms, this will supersede a screening.

Who will bill me

You may receive bills from separate entities associated with your procedure. These may include the physician performing the procedure, the facility, the pathologist/laboratory and/or anesthesia. Each entity has their own separate charges and bills.

Colonoscopy with Suprep 2-Day Prep (with Magnesium Citrate)

The following instructions will help you prepare for your colonoscopy. These instructions also apply to lower endoscopic ultrasound (EUS) and lower single balloon enteroscopy (SBE). **Please read all instructions in this packet at least 1 week prior to your procedure.** The preparation for this test is the most difficult part of the process. However, a good preparation is essential to allow your doctor to perform a thorough examination.

Date:

Procedure time:

Arrival time:

Physician:

Location:

Please note that procedure times are not exact and unexpected delays may occur.

Transportation

- You must arrange a ride home before the day of your procedure.
- After your exam, you will not be able to drive or take any other transportation by yourself. You must arrange for a responsible adult to accompany you by car, taxi or public transportation. This is strictly observed for your safety. No exceptions will be made unless you have the procedure without sedation. If you wish to have the procedure without sedation, which is uncommon, please discuss this with your doctor in advance.

Cancellation/No Show Policy for Procedures

- Scheduling time for procedures requires planning and coordination between the staff, doctors, and the hospital. Since the schedule is often carefully planned to avoid delays and having patients taken care of in a timely fashion, it is important that you adhere to the schedule as arranged. Should you need to reschedule or cancel, please do so at least 7 days prior to procedure.
- If you have your menstrual period, the exam will not be affected. However, if you have a fever, please call the office to reschedule.
- If a procedure is not cancelled **at least 7 days in advance**, you will be charged a one-hundred-dollar (\$100) fee. This fee is NOT covered by your insurance company.

Medication Concerns

- If you use **antiplatelets or anticoagulants** such as apixaban (Eliquis), clopidogrel (Plavix), dabigatran (Pradaxa), dipyridamole (Persantine), edoxaban (Savaysa), prasugrel (Effient), rivaroxaban (Xarelto), ticlopidine (Ticlid), or warfarin (Coumadin), contact your prescribing physician.
- If you use dulaglutide (Trulicity), exenatide (Bydureon, Bydureon BCise, Byetta), liraglutide (Saxenda, Victoza, Xultophy), lixisenatide (Adlyxin, Soliqua), semaglutide (Ozempic, Rybelsus, Wegovy), or tirzepatide (Mounjaro, Zepbound), skip 1 dose prior to your procedure.
- If you take ertugliflozin (Steglatro), stop this medication 4 days before your procedure.
- If you take canagliflozin (Invokana), dapagliflozin (Farxiga), or empagliflozin (Jardiance), stop these medication 3 days before your procedure.
- If you take metformin (Fortamet, Glucophage, Glumetza, Riomet), glimepiride (Amaryl), glipizide (Glucotrol), or glyburide (Diabeta, Glycron, Glynase, Micronase), stop these medication 1 day before your procedure.
- Stop taking **iron supplements** and **fiber supplements** 5 days prior to procedure.
- Continue taking daily aspirin if prescribed.

Preparation Instructions

You will need the following:

- One Suprep kit (two 6-oz bottles) — Requires a prescription.
- Two bottles of magnesium citrate (10 oz) — Available over the counter.

5 days before procedure

- Follow a low residue diet (see attachment for details).
- Avoid foods containing seeds, nuts, corn, and popcorn.

2 days before procedure

- Starting at 5 p.m., drink first bottle of magnesium citrate slowly over 45 minutes.
- Drink 3 large glasses (8–10 oz) of clear fluids over the next 2 hours.
- Wait 2 hours between finishing the first bottle and starting the second bottle.
- Drink second bottle of magnesium citrate slowly over 45 minutes.
- Drink 3 large glasses (8–10 oz) of clear fluids over the next 2 hours.

1 day before procedure

- Starting in the morning, begin a clear liquid diet. Clear liquids include water, fruit juices without pulp (apple or white grape juice), carbonated drinks (ginger ale, seltzer, sodas), gelatin, tea or coffee (without milk or cream), sports drinks, fat-free broth, bouillon, frozen juice popsicles.
- Avoid red or purple liquids.

Evening before procedure (between 5–9 p.m.)

- Mix one 6-oz bottle of Suprep with 10 oz of water in mixing container. Drink over 30 minutes.
- Drink 2 more 16-oz containers of water over the next 1 hour.

Morning of procedure (5 hours before procedure)

- Mix second 6-oz bottle of Suprep with 10 oz of water in mixing container. Drink over 30 minutes.
- Drink 2 more 16-oz containers of water over the next 1 hour.
- For those with early morning procedures, this may be in the middle of the night. However, this is important for a successful exam.
- **Finish clear liquids at least 3 hours before procedure.**

Low Residue Diet

Food group	Foods allowed	Foods to avoid
Beverages	Water, coffee, tea, seltzer, carbonated beverages, sodas, clear fruit juices (without pulp)	Fruit juices with pulp
Dairy	Milk (up to 1 cup per day), yogurt, ice cream, custard, butter, sour cream, cream cheese, cottage cheese, cheeses used for food flavoring	Milk (2 or more cups per day), all other cheeses
Proteins	Tender meats (except fried), eggs, tofu	Tough meats, meats with gristle, cured meats, cold cuts, fried meats, frankfurters, sausages
Breads	White bread or baked goods made from refined flour, biscuits, saltines, pancakes, waffles	Whole grain or pumpernickel bread, corn bread, breads containing bran, oats, nuts, seeds, raisins, or dates, graham crackers
Cereals	Corn flakes, rice krispies, grits, farina	Whole grain cereals (wheat, barley, rye, oat), oatmeal, granola
Starches	Potatoes without a skin	Fried potatoes, potato skins
Pasta	Spaghetti, macaroni, noodles	Whole wheat pasta
Grains	White rice	Brown rice, wild rice, buckwheat, quinoa
Legumes	None	Baked beans, dry beans, lima beans, lentils, peas
Fruits	Bananas, applesauce, melons, avocado, canned/cooked fruits without skin (except pineapple)	Raw fruits, dry fruits, berries, coconut, prunes, all other fruits
Vegetables	Lettuce, spinach, tomato sauce, cooked carrots, asparagus, green beans, wax beans, eggplant, pumpkin, and squash (without seeds)	Raw vegetables, vegetables with seeds, broccoli, brussels sprouts, cabbage, corn, cauliflower, onions, sauerkraut, squash
Nuts & Seeds	None	Avoid all nuts and seeds
Miscellaneous	Butter, cream, mayonnaise, or vegetable oils in small amounts; margarine, gravy, ketchup, mustard, oils, chocolate, cocoa, vinegar, salt, salad dressings without seeds, ground spices and herbs in small amounts	Cayenne, chili powder, garlic, horseradish, relish, olives, pickles, popcorn, peanut butter, jam, jelly, marmalade
Soups	Bouillon, broths, cream soups (made with milk allowance and allowed foods)	Soups with non-permitted foods

Billing Information

When calling your insurance company for coverage/benefits, it is important to know what type of procedure you will be having:

1. **Preventative screening colonoscopy:** You have no symptoms, no personal/family history of colon polyps and/or cancer, and are at least 45 years old.
2. **High risk screening colonoscopy:** You have no symptoms. However, you are having a colonoscopy due to personal/family history of colon polyps and/or cancer.
3. **Diagnostic/therapeutic colonoscopy:** You are having symptoms (e.g. abdominal pain, rectal bleeding, change in bowel movements, etc.).

Please note that if you are having symptoms, this will supersede a screening.

Who will bill me

You may receive bills from separate entities associated with your procedure. These may include the physician performing the procedure, the facility, the pathologist/laboratory and/or anesthesia. Each entity has their own separate charges and bills.

Colonoscopy with Sutab 2-Day Prep (with Magnesium Citrate)

The following instructions will help you prepare for your colonoscopy. These instructions also apply to lower endoscopic ultrasound (EUS) and lower single balloon enteroscopy (SBE). **Please read all instructions in this packet at least 1 week prior to your procedure.** The preparation for this test is the most difficult part of the process. However, a good preparation is essential to allow your doctor to perform a thorough examination.

Date:

Procedure time:

Arrival time:

Physician:

Location:

Please note that procedure times are not exact and unexpected delays may occur.

Transportation

- You must arrange a ride home before the day of your procedure.
- After your exam, you will not be able to drive or take any other transportation by yourself. You must arrange for a responsible adult to accompany you by car, taxi or public transportation. This is strictly observed for your safety. No exceptions will be made unless you have the procedure without sedation. If you wish to have the procedure without sedation, which is uncommon, please discuss this with your doctor in advance.

Cancellation/No Show Policy for Procedures

- Scheduling time for procedures requires planning and coordination between the staff, doctors, and the hospital. Since the schedule is often carefully planned to avoid delays and having patients taken care of in a timely fashion, it is important that you adhere to the schedule as arranged. Should you need to reschedule or cancel, please do so at least 7 days prior to procedure.
- If you have your menstrual period, the exam will not be affected. However, if you have a fever, please call the office to reschedule.
- If a procedure is not cancelled **at least 7 days in advance**, you will be charged a one-hundred-dollar (\$100) fee. This fee is NOT covered by your insurance company.

Medication Concerns

- If you use **antiplatelets or anticoagulants** such as apixaban (Eliquis), clopidogrel (Plavix), dabigatran (Pradaxa), dipyridamole (Persantine), edoxaban (Savaysa), prasugrel (Effient), rivaroxaban (Xarelto), ticlopidine (Ticlid), or warfarin (Coumadin), contact your prescribing physician.
- If you use dulaglutide (Trulicity), exenatide (Bydureon, Bydureon BCise, Byetta), liraglutide (Saxenda, Victoza, Xultophy), lixisenatide (Adlyxin, Soliqua), semaglutide (Ozempic, Rybelsus, Wegovy), or tirzepatide (Mounjaro, Zepbound), skip 1 dose prior to your procedure.
- If you take ertugliflozin (Steglatro), stop this medication 4 days before your procedure.
- If you take canagliflozin (Invokana), dapagliflozin (Farxiga), or empagliflozin (Jardiance), stop these medication 3 days before your procedure.
- If you take metformin (Fortamet, Glucophage, Glumetza, Riomet), glimepiride (Amaryl), glipizide (Glucotrol), or glyburide (Diabeta, Glycron, Glynase, Micronase), stop these medication 1 day before your procedure.
- Stop taking **iron supplements** and **fiber supplements** 5 days prior to procedure.
- Continue taking daily aspirin if prescribed.

Preparation Instructions

You will need the following:

- One Sutab kit (two bottles of 12 tablets each) — Requires a prescription.
- Two bottles of magnesium citrate (10 oz) — Available over the counter.

5 days before procedure

- Follow a low residue diet (see attachment for details).
- Avoid foods containing seeds, nuts, corn, and popcorn.

2 days before procedure

- Starting at 5 p.m., drink first bottle of magnesium citrate slowly over 45 minutes.
- Drink 3 large glasses (8–10 oz) of clear fluids over the next 2 hours.
- Wait 2 hours between finishing the first bottle and starting the second bottle.
- Drink second bottle of magnesium citrate slowly over 45 minutes.
- Drink 3 large glasses (8–10 oz) of clear fluids over the next 2 hours.

1 day before procedure

- Starting in the morning, begin a clear liquid diet. Clear liquids include water, fruit juices without pulp (apple or white grape juice), carbonated drinks (ginger ale, seltzer, sodas), gelatin, tea or coffee (without milk or cream), sports drinks, fat-free broth, bouillon, frozen juice popsicles.
- Avoid red or purple liquids.

Evening before procedure (between 5–9 p.m.)

- Fill the 16-oz container with water. Swallow 12 tablets of Sutab and drink remaining water over 15–20 minutes.
- One hour later, fill the 16-oz container with water and drink over 30 minutes.
- Another 30 minutes later, fill the 16-oz container with water and drink over 30 minutes.

Morning of procedure (6–8 hours before procedure)

- Fill the 16-oz container with water. Swallow 12 tablets of Sutab and drink remaining water over 15–20 minutes.
- One hour later, fill the 16-oz container with water and drink over 30 minutes.
- Another 30 minutes later, fill the 16-oz container with water and drink over 30 minutes.
- For those with early morning procedures, this may be in the middle of the night. However, this is important for a successful exam.
- **Finish clear liquids at least 3 hours before procedure.**

Low Residue Diet

Food group	Foods allowed	Foods to avoid
Beverages	Water, coffee, tea, seltzer, carbonated beverages, sodas, clear fruit juices (without pulp)	Fruit juices with pulp
Dairy	Milk (up to 1 cup per day), yogurt, ice cream, custard, butter, sour cream, cream cheese, cottage cheese, cheeses used for food flavoring	Milk (2 or more cups per day), all other cheeses
Proteins	Tender meats (except fried), eggs, tofu	Tough meats, meats with gristle, cured meats, cold cuts, fried meats, frankfurters, sausages
Breads	White bread or baked goods made from refined flour, biscuits, saltines, pancakes, waffles	Whole grain or pumpernickel bread, corn bread, breads containing bran, oats, nuts, seeds, raisins, or dates, graham crackers
Cereals	Corn flakes, rice krispies, grits, farina	Whole grain cereals (wheat, barley, rye, oat), oatmeal, granola
Starches	Potatoes without a skin	Fried potatoes, potato skins
Pasta	Spaghetti, macaroni, noodles	Whole wheat pasta
Grains	White rice	Brown rice, wild rice, buckwheat, quinoa
Legumes	None	Baked beans, dry beans, lima beans, lentils, peas
Fruits	Bananas, applesauce, melons, avocado, canned/cooked fruits without skin (except pineapple)	Raw fruits, dry fruits, berries, coconut, prunes, all other fruits
Vegetables	Lettuce, spinach, tomato sauce, cooked carrots, asparagus, green beans, wax beans, eggplant, pumpkin, and squash (without seeds)	Raw vegetables, vegetables with seeds, broccoli, brussels sprouts, cabbage, corn, cauliflower, onions, sauerkraut, squash
Nuts & Seeds	None	Avoid all nuts and seeds
Miscellaneous	Butter, cream, mayonnaise, or vegetable oils in small amounts; margarine, gravy, ketchup, mustard, oils, chocolate, cocoa, vinegar, salt, salad dressings without seeds, ground spices and herbs in small amounts	Cayenne, chili powder, garlic, horseradish, relish, olives, pickles, popcorn, peanut butter, jam, jelly, marmalade
Soups	Bouillon, broths, cream soups (made with milk allowance and allowed foods)	Soups with non-permitted foods

Billing Information

When calling your insurance company for coverage/benefits, it is important to know what type of procedure you will be having:

1. **Preventative screening colonoscopy:** You have no symptoms, no personal/family history of colon polyps and/or cancer, and are at least 45 years old.
2. **High risk screening colonoscopy:** You have no symptoms. However, you are having a colonoscopy due to personal/family history of colon polyps and/or cancer.
3. **Diagnostic/therapeutic colonoscopy:** You are having symptoms (e.g. abdominal pain, rectal bleeding, change in bowel movements, etc.).

Please note that if you are having symptoms, this will supersede a screening.

Who will bill me

You may receive bills from separate entities associated with your procedure. These may include the physician performing the procedure, the facility, the pathologist/laboratory and/or anesthesia. Each entity has their own separate charges and bills.

Colonoscopy with Clenpiq 2-Day Prep (with Miralax)

The following instructions will help you prepare for your colonoscopy. These instructions also apply to lower endoscopic ultrasound (EUS) and lower single balloon enteroscopy (SBE). **Please read all instructions in this packet at least 1 week prior to your procedure.** The preparation for this test is the most difficult part of the process. However, a good preparation is essential to allow your doctor to perform a thorough examination.

Date: _____ Procedure time: _____ Arrival time: _____

Physician: _____

Location: _____

Please note that procedure times are not exact and unexpected delays may occur.

Transportation

- You must arrange a ride home before the day of your procedure.
- After your exam, you will not be able to drive or take any other transportation by yourself. You must arrange for a responsible adult to accompany you by car, taxi or public transportation. This is strictly observed for your safety. No exceptions will be made unless you have the procedure without sedation. If you wish to have the procedure without sedation, which is uncommon, please discuss this with your doctor in advance.

Cancellation/No Show Policy for Procedures

- Scheduling time for procedures requires planning and coordination between the staff, doctors, and the hospital. Since the schedule is often carefully planned to avoid delays and having patients taken care of in a timely fashion, it is important that you adhere to the schedule as arranged. Should you need to reschedule or cancel, please do so at least 7 days prior to procedure.
- If you have your menstrual period, the exam will not be affected. However, if you have a fever, please call the office to reschedule.
- If a procedure is not cancelled **at least 7 days in advance**, you will be charged a one-hundred-dollar (\$100) fee. This fee is NOT covered by your insurance company.

Medication Concerns

- If you use **antiplatelets or anticoagulants** such as apixaban (Eliquis), clopidogrel (Plavix), dabigatran (Pradaxa), dipyridamole (Persantine), edoxaban (Savaysa), prasugrel (Effient), rivaroxaban (Xarelto), ticlopidine (Ticlid), or warfarin (Coumadin), contact your prescribing physician.
- If you use dulaglutide (Trulicity), exenatide (Bydureon, Bydureon BCise, Byetta), liraglutide (Saxenda, Victoza, Xultophy), lixisenatide (Adlyxin, Soliqua), semaglutide (Ozempic, Rybelsus, Wegovy), or tirzepatide (Mounjaro, Zepbound), skip 1 dose prior to your procedure.
- If you take ertugliflozin (Steglatro), stop this medication 4 days before your procedure.
- If you take canagliflozin (Invokana), dapagliflozin (Farxiga), or empagliflozin (Jardiance), stop these medication 3 days before your procedure.
- If you take metformin (Fortamet, Glucophage, Glumetza, Riomet), glimepiride (Amaryl), glipizide (Glucotrol), or glyburide (Diabeta, Glycron, Glynase, Micronase), stop these medication 1 day before your procedure.
- Stop taking **iron supplements** and **fiber supplements** 5 days prior to procedure.
- Continue taking daily aspirin if prescribed.

Preparation Instructions

You will need the following:

- One Clenpiq kit (two 5.8-oz bottles) — Requires a prescription.
- One bottle or 3 packets of Miralax — Available over the counter.

5 days before procedure

- Follow a low residue diet (see attachment for details).
- Avoid foods containing seeds, nuts, corn, and popcorn.

2 days before procedure

- Take 1 capful or 1 packet (17 grams) of Miralax mixed with 8 oz of liquid at breakfast, lunch, and dinner.

1 day before procedure

- Starting in the morning, begin a clear liquid diet. Clear liquids include water, fruit juices without pulp (apple or white grape juice), carbonated drinks (ginger ale, seltzer, sodas), gelatin, tea or coffee (without milk or cream), sports drinks, fat-free broth, bouillon, frozen juice popsicles.
- Avoid red or purple liquids.

Evening before procedure (between 5–9 p.m.)

- Drink first bottle of Clenpiq.
- Drink 5 cups (40 oz) or more of clear liquids.

Morning of procedure (5 hours before procedure)

- Drink second bottle of Clenpiq and 4 cups (32 oz) or more of clear liquids.
- For those with early morning procedures, this may be in the middle of the night. However, this is important for a successful exam.
- **Finish clear liquids at least 3 hours before procedure.**

Low Residue Diet

Food group	Foods allowed	Foods to avoid
Beverages	Water, coffee, tea, seltzer, carbonated beverages, sodas, clear fruit juices (without pulp)	Fruit juices with pulp
Dairy	Milk (up to 1 cup per day), yogurt, ice cream, custard, butter, sour cream, cream cheese, cottage cheese, cheeses used for food flavoring	Milk (2 or more cups per day), all other cheeses
Proteins	Tender meats (except fried), eggs, tofu	Tough meats, meats with gristle, cured meats, cold cuts, fried meats, frankfurters, sausages
Breads	White bread or baked goods made from refined flour, biscuits, saltines, pancakes, waffles	Whole grain or pumpernickel bread, corn bread, breads containing bran, oats, nuts, seeds, raisins, or dates, graham crackers
Cereals	Corn flakes, rice krispies, grits, farina	Whole grain cereals (wheat, barley, rye, oat), oatmeal, granola
Starches	Potatoes without a skin	Fried potatoes, potato skins
Pasta	Spaghetti, macaroni, noodles	Whole wheat pasta
Grains	White rice	Brown rice, wild rice, buckwheat, quinoa
Legumes	None	Baked beans, dry beans, lima beans, lentils, peas
Fruits	Bananas, applesauce, melons, avocado, canned/cooked fruits without skin (except pineapple)	Raw fruits, dry fruits, berries, coconut, prunes, all other fruits
Vegetables	Lettuce, spinach, tomato sauce, cooked carrots, asparagus, green beans, wax beans, eggplant, pumpkin, and squash (without seeds)	Raw vegetables, vegetables with seeds, broccoli, brussels sprouts, cabbage, corn, cauliflower, onions, sauerkraut, squash
Nuts & Seeds	None	Avoid all nuts and seeds
Miscellaneous	Butter, cream, mayonnaise, or vegetable oils in small amounts; margarine, gravy, ketchup, mustard, oils, chocolate, cocoa, vinegar, salt, salad dressings without seeds, ground spices and herbs in small amounts	Cayenne, chili powder, garlic, horseradish, relish, olives, pickles, popcorn, peanut butter, jam, jelly, marmalade
Soups	Bouillon, broths, cream soups (made with milk allowance and allowed foods)	Soups with non-permitted foods

Billing Information

When calling your insurance company for coverage/benefits, it is important to know what type of procedure you will be having:

1. **Preventative screening colonoscopy:** You have no symptoms, no personal/family history of colon polyps and/or cancer, and are at least 45 years old.
2. **High risk screening colonoscopy:** You have no symptoms. However, you are having a colonoscopy due to personal/family history of colon polyps and/or cancer.
3. **Diagnostic/therapeutic colonoscopy:** You are having symptoms (e.g. abdominal pain, rectal bleeding, change in bowel movements, etc.).

Please note that if you are having symptoms, this will supersede a screening.

Who will bill me

You may receive bills from separate entities associated with your procedure. These may include the physician performing the procedure, the facility, the pathologist/laboratory and/or anesthesia. Each entity has their own separate charges and bills.

Colonoscopy with Golytely 2-Day Prep (with Miralax)

The following instructions will help you prepare for your colonoscopy. These instructions also apply to lower endoscopic ultrasound (EUS) and lower single balloon enteroscopy (SBE). **Please read all instructions in this packet at least 1 week prior to your procedure.** The preparation for this test is the most difficult part of the process. However, a good preparation is essential to allow your doctor to perform a thorough examination.

Date:

Procedure time:

Arrival time:

Physician:

Location:

Please note that procedure times are not exact and unexpected delays may occur.

Transportation

- You must arrange a ride home before the day of your procedure.
- After your exam, you will not be able to drive or take any other transportation by yourself. You must arrange for a responsible adult to accompany you by car, taxi or public transportation. This is strictly observed for your safety. No exceptions will be made unless you have the procedure without sedation. If you wish to have the procedure without sedation, which is uncommon, please discuss this with your doctor in advance.

Cancellation/No Show Policy for Procedures

- Scheduling time for procedures requires planning and coordination between the staff, doctors, and the hospital. Since the schedule is often carefully planned to avoid delays and having patients taken care of in a timely fashion, it is important that you adhere to the schedule as arranged. Should you need to reschedule or cancel, please do so at least 7 days prior to procedure.
- If you have your menstrual period, the exam will not be affected. However, if you have a fever, please call the office to reschedule.
- If a procedure is not cancelled **at least 7 days in advance**, you will be charged a one-hundred-dollar (\$100) fee. This fee is NOT covered by your insurance company.

Medication Concerns

- If you use **antiplatelets or anticoagulants** such as apixaban (Eliquis), clopidogrel (Plavix), dabigatran (Pradaxa), dipyridamole (Persantine), edoxaban (Savaysa), prasugrel (Effient), rivaroxaban (Xarelto), ticlopidine (Ticlid), or warfarin (Coumadin), contact your prescribing physician.
- If you use dulaglutide (Trulicity), exenatide (Bydureon, Bydureon BCise, Byetta), liraglutide (Saxenda, Victoza, Xultophy), lixisenatide (Adlyxin, Soliqua), semaglutide (Ozempic, Rybelsus, Wegovy), or tirzepatide (Mounjaro, Zepbound), skip 1 dose prior to your procedure.
- If you take ertugliflozin (Steglatro), stop this medication 4 days before your procedure.
- If you take canagliflozin (Invokana), dapagliflozin (Farxiga), or empagliflozin (Jardiance), stop these medication 3 days before your procedure.
- If you take metformin (Fortamet, Glucophage, Glumetza, Riomet), glimepiride (Amaryl), glipizide (Glucotrol), or glyburide (Diabeta, Glycron, Glynase, Micronase), stop these medication 1 day before your procedure.
- Stop taking **iron supplements** and **fiber supplements** 5 days prior to procedure.
- Continue taking daily aspirin if prescribed.

Preparation Instructions

You will need the following:

- One bottle of Golytely (4 liters) — Requires a prescription.
- One bottle or 3 packets of Miralax — Available over the counter.

5 days before procedure

- Follow a low residue diet (see attachment for details).
- Avoid foods containing seeds, nuts, corn, and popcorn.

2 days before procedure

- Take 1 capful or 1 packet (17 grams) of Miralax mixed with 8 oz of liquid at breakfast, lunch, and dinner.

1 day before procedure

- Starting in the morning, begin a clear liquid diet. Clear liquids include water, fruit juices without pulp (apple or white grape juice), carbonated drinks (ginger ale, seltzer, sodas), gelatin, tea or coffee (without milk or cream), sports drinks, fat-free broth, bouillon, frozen juice popsicles.
- Avoid red or purple liquids.

Evening before procedure (between 5–9 p.m.)

- Drink 8 ounces (1 cup) of Golytely every 20 minutes until half the prep (2 liters) is gone.

Morning of procedure (6–8 hours before procedure)

- Drink the second half of the Golytely prep. Drink 8 ounces (1 cup) of Golytely every 20 minutes until done.
- For those with early morning procedures, this may be in the middle of the night. However, this is important for a successful exam.
- **Finish clear liquids at least 3 hours before procedure.**

Low Residue Diet

Food group	Foods allowed	Foods to avoid
Beverages	Water, coffee, tea, seltzer, carbonated beverages, sodas, clear fruit juices (without pulp)	Fruit juices with pulp
Dairy	Milk (up to 1 cup per day), yogurt, ice cream, custard, butter, sour cream, cream cheese, cottage cheese, cheeses used for food flavoring	Milk (2 or more cups per day), all other cheeses
Proteins	Tender meats (except fried), eggs, tofu	Tough meats, meats with gristle, cured meats, cold cuts, fried meats, frankfurters, sausages
Breads	White bread or baked goods made from refined flour, biscuits, saltines, pancakes, waffles	Whole grain or pumpernickel bread, corn bread, breads containing bran, oats, nuts, seeds, raisins, or dates, graham crackers
Cereals	Corn flakes, rice krispies, grits, farina	Whole grain cereals (wheat, barley, rye, oat), oatmeal, granola
Starches	Potatoes without a skin	Fried potatoes, potato skins
Pasta	Spaghetti, macaroni, noodles	Whole wheat pasta
Grains	White rice	Brown rice, wild rice, buckwheat, quinoa
Legumes	None	Baked beans, dry beans, lima beans, lentils, peas
Fruits	Bananas, applesauce, melons, avocado, canned/cooked fruits without skin (except pineapple)	Raw fruits, dry fruits, berries, coconut, prunes, all other fruits
Vegetables	Lettuce, spinach, tomato sauce, cooked carrots, asparagus, green beans, wax beans, eggplant, pumpkin, and squash (without seeds)	Raw vegetables, vegetables with seeds, broccoli, brussels sprouts, cabbage, corn, cauliflower, onions, sauerkraut, squash
Nuts & Seeds	None	Avoid all nuts and seeds
Miscellaneous	Butter, cream, mayonnaise, or vegetable oils in small amounts; margarine, gravy, ketchup, mustard, oils, chocolate, cocoa, vinegar, salt, salad dressings without seeds, ground spices and herbs in small amounts	Cayenne, chili powder, garlic, horseradish, relish, olives, pickles, popcorn, peanut butter, jam, jelly, marmalade
Soups	Bouillon, broths, cream soups (made with milk allowance and allowed foods)	Soups with non-permitted foods

Billing Information

When calling your insurance company for coverage/benefits, it is important to know what type of procedure you will be having:

1. **Preventative screening colonoscopy:** You have no symptoms, no personal/family history of colon polyps and/or cancer, and are at least 45 years old.
2. **High risk screening colonoscopy:** You have no symptoms. However, you are having a colonoscopy due to personal/family history of colon polyps and/or cancer.
3. **Diagnostic/therapeutic colonoscopy:** You are having symptoms (e.g. abdominal pain, rectal bleeding, change in bowel movements, etc.).

Please note that if you are having symptoms, this will supersede a screening.

Who will bill me

You may receive bills from separate entities associated with your procedure. These may include the physician performing the procedure, the facility, the pathologist/laboratory and/or anesthesia. Each entity has their own separate charges and bills.

Colonoscopy with Plenvu 2-Day Prep (with Miralax)

The following instructions will help you prepare for your colonoscopy. These instructions also apply to lower endoscopic ultrasound (EUS) and lower single balloon enteroscopy (SBE). **Please read all instructions in this packet at least 1 week prior to your procedure.** The preparation for this test is the most difficult part of the process. However, a good preparation is essential to allow your doctor to perform a thorough examination.

Date:

Procedure time:

Arrival time:

Physician:

Location:

Please note that procedure times are not exact and unexpected delays may occur.

Transportation

- You must arrange a ride home before the day of your procedure.
- After your exam, you will not be able to drive or take any other transportation by yourself. You must arrange for a responsible adult to accompany you by car, taxi or public transportation. This is strictly observed for your safety. No exceptions will be made unless you have the procedure without sedation. If you wish to have the procedure without sedation, which is uncommon, please discuss this with your doctor in advance.

Cancellation/No Show Policy for Procedures

- Scheduling time for procedures requires planning and coordination between the staff, doctors, and the hospital. Since the schedule is often carefully planned to avoid delays and having patients taken care of in a timely fashion, it is important that you adhere to the schedule as arranged. Should you need to reschedule or cancel, please do so at least 7 days prior to procedure.
- If you have your menstrual period, the exam will not be affected. However, if you have a fever, please call the office to reschedule.
- If a procedure is not cancelled **at least 7 days in advance**, you will be charged a one-hundred-dollar (\$100) fee. This fee is NOT covered by your insurance company.

Medication Concerns

- If you use **antiplatelets or anticoagulants** such as apixaban (Eliquis), clopidogrel (Plavix), dabigatran (Pradaxa), dipyridamole (Persantine), edoxaban (Savaysa), prasugrel (Effient), rivaroxaban (Xarelto), ticlopidine (Ticlid), or warfarin (Coumadin), contact your prescribing physician.
- If you use dulaglutide (Trulicity), exenatide (Bydureon, Bydureon BCise, Byetta), liraglutide (Saxenda, Victoza, Xultophy), lixisenatide (Adlyxin, Soliqua), semaglutide (Ozempic, Rybelsus, Wegovy), or tirzepatide (Mounjaro, Zepbound), skip 1 dose prior to your procedure.
- If you take ertugliflozin (Steglatro), stop this medication 4 days before your procedure.
- If you take canagliflozin (Invokana), dapagliflozin (Farxiga), or empagliflozin (Jardiance), stop these medication 3 days before your procedure.
- If you take metformin (Fortamet, Glucophage, Glumetza, Riomet), glimepiride (Amaryl), glipizide (Glucotrol), or glyburide (Diabeta, Glycron, Glynase, Micronase), stop these medication 1 day before your procedure.
- Stop taking **iron supplements** and **fiber supplements** 5 days prior to procedure.
- Continue taking daily aspirin if prescribed.

Preparation Instructions

You will need the following:

- One Plenvu kit (3 pouches) — Requires a prescription.
- One bottle or 3 packets of Miralax — Available over the counter.

5 days before procedure

- Follow a low residue diet (see attachment for details).
- Avoid foods containing seeds, nuts, corn, and popcorn.

2 days before procedure

- Take 1 capful or 1 packet (17 grams) of Miralax mixed with 8 oz of liquid at breakfast, lunch, and dinner.

1 day before procedure

- Starting in the morning, begin a clear liquid diet. Clear liquids include water, fruit juices without pulp (apple or white grape juice), carbonated drinks (ginger ale, seltzer, sodas), gelatin, tea or coffee (without milk or cream), sports drinks, fat-free broth, bouillon, frozen juice popsicles.
- Avoid red or purple liquids.

Evening before procedure (between 5–9 p.m.)

- Mix contents of Dose 1 pouch with 16-oz of water in mixing container. Drink over 30 minutes.
- Refill the 16-oz container with clear liquids and drink over 30 minutes.

Morning of procedure (5 hours before procedure)

- Mix contents of Dose 2 (Pouch A and Pouch B) with 16-oz of water in mixing container. Drink over 30 minutes.
- Refill the 16-oz container with clear liquids and drink over 30 minutes.
- For those with early morning procedures, this may be in the middle of the night. However, this is important for a successful exam.
- **Finish clear liquids at least 3 hours before procedure.**

Low Residue Diet

Food group	Foods allowed	Foods to avoid
Beverages	Water, coffee, tea, seltzer, carbonated beverages, sodas, clear fruit juices (without pulp)	Fruit juices with pulp
Dairy	Milk (up to 1 cup per day), yogurt, ice cream, custard, butter, sour cream, cream cheese, cottage cheese, cheeses used for food flavoring	Milk (2 or more cups per day), all other cheeses
Proteins	Tender meats (except fried), eggs, tofu	Tough meats, meats with gristle, cured meats, cold cuts, fried meats, frankfurters, sausages
Breads	White bread or baked goods made from refined flour, biscuits, saltines, pancakes, waffles	Whole grain or pumpernickel bread, corn bread, breads containing bran, oats, nuts, seeds, raisins, or dates, graham crackers
Cereals	Corn flakes, rice krispies, grits, farina	Whole grain cereals (wheat, barley, rye, oat), oatmeal, granola
Starches	Potatoes without a skin	Fried potatoes, potato skins
Pasta	Spaghetti, macaroni, noodles	Whole wheat pasta
Grains	White rice	Brown rice, wild rice, buckwheat, quinoa
Legumes	None	Baked beans, dry beans, lima beans, lentils, peas
Fruits	Bananas, applesauce, melons, avocado, canned/cooked fruits without skin (except pineapple)	Raw fruits, dry fruits, berries, coconut, prunes, all other fruits
Vegetables	Lettuce, spinach, tomato sauce, cooked carrots, asparagus, green beans, wax beans, eggplant, pumpkin, and squash (without seeds)	Raw vegetables, vegetables with seeds, broccoli, brussels sprouts, cabbage, corn, cauliflower, onions, sauerkraut, squash
Nuts & Seeds	None	Avoid all nuts and seeds
Miscellaneous	Butter, cream, mayonnaise, or vegetable oils in small amounts; margarine, gravy, ketchup, mustard, oils, chocolate, cocoa, vinegar, salt, salad dressings without seeds, ground spices and herbs in small amounts	Cayenne, chili powder, garlic, horseradish, relish, olives, pickles, popcorn, peanut butter, jam, jelly, marmalade
Soups	Bouillon, broths, cream soups (made with milk allowance and allowed foods)	Soups with non-permitted foods

Billing Information

When calling your insurance company for coverage/benefits, it is important to know what type of procedure you will be having:

1. **Preventative screening colonoscopy:** You have no symptoms, no personal/family history of colon polyps and/or cancer, and are at least 45 years old.
2. **High risk screening colonoscopy:** You have no symptoms. However, you are having a colonoscopy due to personal/family history of colon polyps and/or cancer.
3. **Diagnostic/therapeutic colonoscopy:** You are having symptoms (e.g. abdominal pain, rectal bleeding, change in bowel movements, etc.).

Please note that if you are having symptoms, this will supersede a screening.

Who will bill me

You may receive bills from separate entities associated with your procedure. These may include the physician performing the procedure, the facility, the pathologist/laboratory and/or anesthesia. Each entity has their own separate charges and bills.

Colonoscopy with Suprep 2-Day Prep (with Miralax)

The following instructions will help you prepare for your colonoscopy. These instructions also apply to lower endoscopic ultrasound (EUS) and lower single balloon enteroscopy (SBE). **Please read all instructions in this packet at least 1 week prior to your procedure.** The preparation for this test is the most difficult part of the process. However, a good preparation is essential to allow your doctor to perform a thorough examination.

Date:

Procedure time:

Arrival time:

Physician:

Location:

Please note that procedure times are not exact and unexpected delays may occur.

Transportation

- You must arrange a ride home before the day of your procedure.
- After your exam, you will not be able to drive or take any other transportation by yourself. You must arrange for a responsible adult to accompany you by car, taxi or public transportation. This is strictly observed for your safety. No exceptions will be made unless you have the procedure without sedation. If you wish to have the procedure without sedation, which is uncommon, please discuss this with your doctor in advance.

Cancellation/No Show Policy for Procedures

- Scheduling time for procedures requires planning and coordination between the staff, doctors, and the hospital. Since the schedule is often carefully planned to avoid delays and having patients taken care of in a timely fashion, it is important that you adhere to the schedule as arranged. Should you need to reschedule or cancel, please do so at least 7 days prior to procedure.
- If you have your menstrual period, the exam will not be affected. However, if you have a fever, please call the office to reschedule.
- If a procedure is not cancelled **at least 7 days in advance**, you will be charged a one-hundred-dollar (\$100) fee. This fee is NOT covered by your insurance company.

Medication Concerns

- If you use **antiplatelets or anticoagulants** such as apixaban (Eliquis), clopidogrel (Plavix), dabigatran (Pradaxa), dipyridamole (Persantine), edoxaban (Savaysa), prasugrel (Effient), rivaroxaban (Xarelto), ticlopidine (Ticlid), or warfarin (Coumadin), contact your prescribing physician.
- If you use dulaglutide (Trulicity), exenatide (Bydureon, Bydureon BCise, Byetta), liraglutide (Saxenda, Victoza, Xultophy), lixisenatide (Adlyxin, Soliqua), semaglutide (Ozempic, Rybelsus, Wegovy), or tirzepatide (Mounjaro, Zepbound), skip 1 dose prior to your procedure.
- If you take ertugliflozin (Steglatro), stop this medication 4 days before your procedure.
- If you take canagliflozin (Invokana), dapagliflozin (Farxiga), or empagliflozin (Jardiance), stop these medication 3 days before your procedure.
- If you take metformin (Fortamet, Glucophage, Glumetza, Riomet), glimepiride (Amaryl), glipizide (Glucotrol), or glyburide (Diabeta, Glycron, Glynase, Micronase), stop these medication 1 day before your procedure.
- Stop taking **iron supplements** and **fiber supplements** 5 days prior to procedure.
- Continue taking daily aspirin if prescribed.

Preparation Instructions

You will need the following:

- One Suprep kit (two 6-oz bottles) — Requires a prescription.
- One bottle or 3 packets of Miralax — Available over the counter.

5 days before procedure

- Follow a low residue diet (see attachment for details).
- Avoid foods containing seeds, nuts, corn, and popcorn.

2 days before procedure

- Take 1 capful or 1 packet (17 grams) of Miralax mixed with 8 oz of liquid at breakfast, lunch, and dinner.

1 day before procedure

- Starting in the morning, begin a clear liquid diet. Clear liquids include water, fruit juices without pulp (apple or white grape juice), carbonated drinks (ginger ale, seltzer, sodas), gelatin, tea or coffee (without milk or cream), sports drinks, fat-free broth, bouillon, frozen juice popsicles.
- Avoid red or purple liquids.

Evening before procedure (between 5–9 p.m.)

- Mix one 6-oz bottle of Suprep with 10 oz of water in mixing container. Drink over 30 minutes.
- Drink 2 more 16-oz containers of water over the next 1 hour.

Morning of procedure (5 hours before procedure)

- Mix second 6-oz bottle of Suprep with 10 oz of water in mixing container. Drink over 30 minutes.
- Drink 2 more 16-oz containers of water over the next 1 hour.
- For those with early morning procedures, this may be in the middle of the night. However, this is important for a successful exam.
- **Finish clear liquids at least 3 hours before procedure.**

Low Residue Diet

Food group	Foods allowed	Foods to avoid
Beverages	Water, coffee, tea, seltzer, carbonated beverages, sodas, clear fruit juices (without pulp)	Fruit juices with pulp
Dairy	Milk (up to 1 cup per day), yogurt, ice cream, custard, butter, sour cream, cream cheese, cottage cheese, cheeses used for food flavoring	Milk (2 or more cups per day), all other cheeses
Proteins	Tender meats (except fried), eggs, tofu	Tough meats, meats with gristle, cured meats, cold cuts, fried meats, frankfurters, sausages
Breads	White bread or baked goods made from refined flour, biscuits, saltines, pancakes, waffles	Whole grain or pumpernickel bread, corn bread, breads containing bran, oats, nuts, seeds, raisins, or dates, graham crackers
Cereals	Corn flakes, rice krispies, grits, farina	Whole grain cereals (wheat, barley, rye, oat), oatmeal, granola
Starches	Potatoes without a skin	Fried potatoes, potato skins
Pasta	Spaghetti, macaroni, noodles	Whole wheat pasta
Grains	White rice	Brown rice, wild rice, buckwheat, quinoa
Legumes	None	Baked beans, dry beans, lima beans, lentils, peas
Fruits	Bananas, applesauce, melons, avocado, canned/cooked fruits without skin (except pineapple)	Raw fruits, dry fruits, berries, coconut, prunes, all other fruits
Vegetables	Lettuce, spinach, tomato sauce, cooked carrots, asparagus, green beans, wax beans, eggplant, pumpkin, and squash (without seeds)	Raw vegetables, vegetables with seeds, broccoli, brussels sprouts, cabbage, corn, cauliflower, onions, sauerkraut, squash
Nuts & Seeds	None	Avoid all nuts and seeds
Miscellaneous	Butter, cream, mayonnaise, or vegetable oils in small amounts; margarine, gravy, ketchup, mustard, oils, chocolate, cocoa, vinegar, salt, salad dressings without seeds, ground spices and herbs in small amounts	Cayenne, chili powder, garlic, horseradish, relish, olives, pickles, popcorn, peanut butter, jam, jelly, marmalade
Soups	Bouillon, broths, cream soups (made with milk allowance and allowed foods)	Soups with non-permitted foods

Billing Information

When calling your insurance company for coverage/benefits, it is important to know what type of procedure you will be having:

1. **Preventative screening colonoscopy:** You have no symptoms, no personal/family history of colon polyps and/or cancer, and are at least 45 years old.
2. **High risk screening colonoscopy:** You have no symptoms. However, you are having a colonoscopy due to personal/family history of colon polyps and/or cancer.
3. **Diagnostic/therapeutic colonoscopy:** You are having symptoms (e.g. abdominal pain, rectal bleeding, change in bowel movements, etc.).

Please note that if you are having symptoms, this will supersede a screening.

Who will bill me

You may receive bills from separate entities associated with your procedure. These may include the physician performing the procedure, the facility, the pathologist/laboratory and/or anesthesia. Each entity has their own separate charges and bills.

Colonoscopy with Sutab 2-Day Prep (with Miralax)

The following instructions will help you prepare for your colonoscopy. These instructions also apply to lower endoscopic ultrasound (EUS) and lower single balloon enteroscopy (SBE). **Please read all instructions in this packet at least 1 week prior to your procedure.** The preparation for this test is the most difficult part of the process. However, a good preparation is essential to allow your doctor to perform a thorough examination.

Date:

Procedure time:

Arrival time:

Physician:

Location:

Please note that procedure times are not exact and unexpected delays may occur.

Transportation

- You must arrange a ride home before the day of your procedure.
- After your exam, you will not be able to drive or take any other transportation by yourself. You must arrange for a responsible adult to accompany you by car, taxi or public transportation. This is strictly observed for your safety. No exceptions will be made unless you have the procedure without sedation. If you wish to have the procedure without sedation, which is uncommon, please discuss this with your doctor in advance.

Cancellation/No Show Policy for Procedures

- Scheduling time for procedures requires planning and coordination between the staff, doctors, and the hospital. Since the schedule is often carefully planned to avoid delays and having patients taken care of in a timely fashion, it is important that you adhere to the schedule as arranged. Should you need to reschedule or cancel, please do so at least 7 days prior to procedure.
- If you have your menstrual period, the exam will not be affected. However, if you have a fever, please call the office to reschedule.
- If a procedure is not cancelled **at least 7 days in advance**, you will be charged a one-hundred-dollar (\$100) fee. This fee is NOT covered by your insurance company.

Medication Concerns

- If you use **antiplatelets or anticoagulants** such as apixaban (Eliquis), clopidogrel (Plavix), dabigatran (Pradaxa), dipyridamole (Persantine), edoxaban (Savaysa), prasugrel (Effient), rivaroxaban (Xarelto), ticlopidine (Ticlid), or warfarin (Coumadin), contact your prescribing physician.
- If you use dulaglutide (Trulicity), exenatide (Bydureon, Bydureon BCise, Byetta), liraglutide (Saxenda, Victoza, Xultophy), lixisenatide (Adlyxin, Soliqua), semaglutide (Ozempic, Rybelsus, Wegovy), or tirzepatide (Mounjaro, Zepbound), skip 1 dose prior to your procedure.
- If you take ertugliflozin (Steglatro), stop this medication 4 days before your procedure.
- If you take canagliflozin (Invokana), dapagliflozin (Farxiga), or empagliflozin (Jardiance), stop these medication 3 days before your procedure.
- If you take metformin (Fortamet, Glucophage, Glumetza, Riomet), glimepiride (Amaryl), glipizide (Glucotrol), or glyburide (Diabeta, Glycron, Glynase, Micronase), stop these medication 1 day before your procedure.
- Stop taking **iron supplements** and **fiber supplements** 5 days prior to procedure.
- Continue taking daily aspirin if prescribed.

Preparation Instructions

You will need the following:

- One Sutab kit (two bottles of 12 tablets each) — Requires a prescription.
- One bottle or 3 packets of Miralax — Available over the counter.

5 days before procedure

- Follow a low residue diet (see attachment for details).
- Avoid foods containing seeds, nuts, corn, and popcorn.

2 days before procedure

- Take 1 capful or 1 packet (17 grams) of Miralax mixed with 8 oz of liquid at breakfast, lunch, and dinner.

1 day before procedure

- Starting in the morning, begin a clear liquid diet. Clear liquids include water, fruit juices without pulp (apple or white grape juice), carbonated drinks (ginger ale, seltzer, sodas), gelatin, tea or coffee (without milk or cream), sports drinks, fat-free broth, bouillon, frozen juice popsicles.
- Avoid red or purple liquids.

Evening before procedure (between 5–9 p.m.)

- Fill the 16-oz container with water. Swallow 12 tablets of Sutab and drink remaining water over 15–20 minutes.
- One hour later, fill the 16-oz container with water and drink over 30 minutes.
- Another 30 minutes later, fill the 16-oz container with water and drink over 30 minutes.

Morning of procedure (6–8 hours before procedure)

- Fill the 16-oz container with water. Swallow 12 tablets of Sutab and drink remaining water over 15–20 minutes.
- One hour later, fill the 16-oz container with water and drink over 30 minutes.
- Another 30 minutes later, fill the 16-oz container with water and drink over 30 minutes.
- For those with early morning procedures, this may be in the middle of the night. However, this is important for a successful exam.
- **Finish clear liquids at least 3 hours before procedure.**

Low Residue Diet

Food group	Foods allowed	Foods to avoid
Beverages	Water, coffee, tea, seltzer, carbonated beverages, sodas, clear fruit juices (without pulp)	Fruit juices with pulp
Dairy	Milk (up to 1 cup per day), yogurt, ice cream, custard, butter, sour cream, cream cheese, cottage cheese, cheeses used for food flavoring	Milk (2 or more cups per day), all other cheeses
Proteins	Tender meats (except fried), eggs, tofu	Tough meats, meats with gristle, cured meats, cold cuts, fried meats, frankfurters, sausages
Breads	White bread or baked goods made from refined flour, biscuits, saltines, pancakes, waffles	Whole grain or pumpernickel bread, corn bread, breads containing bran, oats, nuts, seeds, raisins, or dates, graham crackers
Cereals	Corn flakes, rice krispies, grits, farina	Whole grain cereals (wheat, barley, rye, oat), oatmeal, granola
Starches	Potatoes without a skin	Fried potatoes, potato skins
Pasta	Spaghetti, macaroni, noodles	Whole wheat pasta
Grains	White rice	Brown rice, wild rice, buckwheat, quinoa
Legumes	None	Baked beans, dry beans, lima beans, lentils, peas
Fruits	Bananas, applesauce, melons, avocado, canned/cooked fruits without skin (except pineapple)	Raw fruits, dry fruits, berries, coconut, prunes, all other fruits
Vegetables	Lettuce, spinach, tomato sauce, cooked carrots, asparagus, green beans, wax beans, eggplant, pumpkin, and squash (without seeds)	Raw vegetables, vegetables with seeds, broccoli, brussels sprouts, cabbage, corn, cauliflower, onions, sauerkraut, squash
Nuts & Seeds	None	Avoid all nuts and seeds
Miscellaneous	Butter, cream, mayonnaise, or vegetable oils in small amounts; margarine, gravy, ketchup, mustard, oils, chocolate, cocoa, vinegar, salt, salad dressings without seeds, ground spices and herbs in small amounts	Cayenne, chili powder, garlic, horseradish, relish, olives, pickles, popcorn, peanut butter, jam, jelly, marmalade
Soups	Bouillon, broths, cream soups (made with milk allowance and allowed foods)	Soups with non-permitted foods

Billing Information

When calling your insurance company for coverage/benefits, it is important to know what type of procedure you will be having:

1. **Preventative screening colonoscopy:** You have no symptoms, no personal/family history of colon polyps and/or cancer, and are at least 45 years old.
2. **High risk screening colonoscopy:** You have no symptoms. However, you are having a colonoscopy due to personal/family history of colon polyps and/or cancer.
3. **Diagnostic/therapeutic colonoscopy:** You are having symptoms (e.g. abdominal pain, rectal bleeding, change in bowel movements, etc.).

Please note that if you are having symptoms, this will supersede a screening.

Who will bill me

You may receive bills from separate entities associated with your procedure. These may include the physician performing the procedure, the facility, the pathologist/laboratory and/or anesthesia. Each entity has their own separate charges and bills.

Flexible Sigmoidoscopy Prep (with Magnesium Citrate and Fleet Enemas)

The following instructions will help you prepare for your flexible sigmoidoscopy. These instructions also apply to lower endoscopic ultrasound (EUS). **Please read all instructions in this packet at least 1 week prior to your procedure.**

Date:

Procedure time:

Arrival time:

Physician:

Location:

Please note that procedure times are not exact and unexpected delays may occur.

Transportation

- This procedure may be done with or without sedation.
- If you choose to have sedation, you must arrange a ride home before the day of your procedure. After your exam, you will not be able to drive or take any other transportation by yourself. You must arrange for a responsible adult to accompany you by car, taxi or public transportation. This is strictly observed for your safety. No exceptions will be made unless you have the procedure without sedation.

Cancellation/No Show Policy for Procedures

- Scheduling time for procedures requires planning and coordination between the staff, doctors, and the hospital. Since the schedule is often carefully planned to avoid delays and having patients taken care of in a timely fashion, it is important that you adhere to the schedule as arranged. Should you need to reschedule or cancel, please do so at least 7 days prior to procedure.
- If you have your menstrual period, the exam will not be affected. However, if you have a fever, please call the office to reschedule.
- If a procedure is not cancelled **at least 7 days in advance**, you will be charged a one-hundred-dollar (\$100) fee. This fee is NOT covered by your insurance company.

Medication Concerns

- If you use **antiplatelets or anticoagulants** such as apixaban (Eliquis), clopidogrel (Plavix), dabigatran (Pradaxa), dipyridamole (Persantine), edoxaban (Savaysa), prasugrel (Effient), rivaroxaban (Xarelto), ticlopidine (Ticlid), or warfarin (Coumadin), contact your prescribing physician.
- If you use dulaglutide (Trulicity), exenatide (Bydureon, Bydureon BCise, Byetta), liraglutide (Saxenda, Victoza, Xultophy), lixisenatide (Adlyxin, Soliqua), semaglutide (Ozempic, Rybelsus, Wegovy), or tirzepatide (Mounjaro, Zepbound), skip 1 dose prior to your procedure.
- If you take ertugliflozin (Steglatro), stop this medication 4 days before your procedure.
- If you take canagliflozin (Invokana), dapagliflozin (Farxiga), or empagliflozin (Jardiance), stop these medication 3 days before your procedure.
- If you take metformin (Fortamet, Glucophage, Glumetza, Riomet), glimepiride (Amaryl), glipizide (Glucotrol), or glyburide (Diabeta, Glycron, Glynase, Micronase), stop these medication 1 day before your procedure.
- Stop taking **iron supplements** and **fiber supplements** 5 days prior to procedure.
- Continue taking daily aspirin if prescribed.

Preparation Instructions

You will need the following:

- One bottle of magnesium citrate (10 oz) — Available over the counter.
- One fleet enema — Available over the counter.

1 day before procedure (before 5 p.m.)

- You may have a normal breakfast and lunch.

Evening before procedure (between 5–9 p.m.)

- Begin a clear liquid diet. Clear liquids include water, fruit juices without pulp (apple or white grape juice), carbonated drinks (ginger ale, seltzer, sodas), gelatin, tea or coffee (without milk or cream), sports drinks, fat-free broth, bouillon, frozen juice popsicles.
- Avoid red or purple liquids.
- Drink one bottle of magnesium citrate slowly over 45 minutes.
- Drink 3 large glasses (8–10 oz) of clear fluids over the next 2 hours.

Morning of procedure

- Have clear liquids only for breakfast.
- Avoid red or purple liquids.
- Administer one fleet enema at least 2 hours before your scheduled procedure time.
- If you are having this procedure done with sedation, **finish clear liquids at least 3 hours before procedure.**

Flexible Sigmoidoscopy Prep (with Miralax and Tap Water Enemas)

The following instructions will help you prepare for your flexible sigmoidoscopy. These instructions also apply to lower endoscopic ultrasound (EUS). **Please read all instructions in this packet at least 1 week prior to your procedure.**

Date:

Procedure time:

Arrival time:

Physician:

Location:

Please note that procedure times are not exact and unexpected delays may occur.

Transportation

- This procedure may be done with or without sedation.
- If you choose to have sedation, you must arrange a ride home before the day of your procedure. After your exam, you will not be able to drive or take any other transportation by yourself. You must arrange for a responsible adult to accompany you by car, taxi or public transportation. This is strictly observed for your safety. No exceptions will be made unless you have the procedure without sedation.

Cancellation/No Show Policy for Procedures

- Scheduling time for procedures requires planning and coordination between the staff, doctors, and the hospital. Since the schedule is often carefully planned to avoid delays and having patients taken care of in a timely fashion, it is important that you adhere to the schedule as arranged. Should you need to reschedule or cancel, please do so at least 7 days prior to procedure.
- If you have your menstrual period, the exam will not be affected. However, if you have a fever, please call the office to reschedule.
- If a procedure is not cancelled **at least 7 days in advance**, you will be charged a one-hundred-dollar (\$100) fee. This fee is NOT covered by your insurance company.

Medication Concerns

- If you use **antiplatelets or anticoagulants** such as apixaban (Eliquis), clopidogrel (Plavix), dabigatran (Pradaxa), dipyridamole (Persantine), edoxaban (Savaysa), prasugrel (Effient), rivaroxaban (Xarelto), ticlopidine (Ticlid), or warfarin (Coumadin), contact your prescribing physician.
- If you use dulaglutide (Trulicity), exenatide (Bydureon, Bydureon BCise, Byetta), liraglutide (Saxenda, Victoza, Xultophy), lixisenatide (Adlyxin, Soliqua), semaglutide (Ozempic, Rybelsus, Wegovy), or tirzepatide (Mounjaro, Zepbound), skip 1 dose prior to your procedure.
- If you take ertugliflozin (Steglatro), stop this medication 4 days before your procedure.
- If you take canagliflozin (Invokana), dapagliflozin (Farxiga), or empagliflozin (Jardiance), stop these medication 3 days before your procedure.
- If you take metformin (Fortamet, Glucophage, Glumetza, Riomet), glimepiride (Amaryl), glipizide (Glucotrol), or glyburide (Diabeta, Glycron, Glynase, Micronase), stop these medication 1 day before your procedure.
- Stop taking **iron supplements** and **fiber supplements** 5 days prior to procedure.
- Continue taking daily aspirin if prescribed.

Preparation Instructions

You will need the following:

- One bottle or packet of Miralax — Available over the counter.
- One water enema kit — Available over the counter.

1 day before procedure (before 5 p.m.)

- You may have a normal breakfast and lunch.

Evening before procedure (between 5–9 p.m.)

- Begin a clear liquid diet. Clear liquids include water, fruit juices without pulp (apple or white grape juice), carbonated drinks (ginger ale, seltzer, sodas), gelatin, tea or coffee (without milk or cream), sports drinks, fat-free broth, bouillon, frozen juice popsicles.
- Avoid red or purple liquids.
- Take 1 capful or 1 packet (17 grams) of Miralax mixed with 8 oz of liquid.
- Drink 3 large glasses (8–10 oz) of clear fluids over the next 2 hours.

Morning of procedure

- Have clear liquids only for breakfast.
- Avoid red or purple liquids.
- Administer 2 tap water enemas at least 2 hours before your scheduled procedure time.
- If there is a large amount of solid or semi-solid stool present at the end of the second enema, you should administer a third tap water enema.
- If you are having this procedure done with sedation, **finish clear liquids at least 3 hours before procedure.**

Pouchoscopy Prep (with Magnesium Citrate)

The following instructions will help you prepare for your pouchoscopy. **Please read all instructions in this packet at least 1 week prior to your procedure.**

Date:

Procedure time:

Arrival time:

Physician:

Location:

Please note that procedure times are not exact and unexpected delays may occur.

Transportation

- This procedure may be done with or without sedation.
- If you choose to have sedation, you must arrange a ride home before the day of your procedure. After your exam, you will not be able to drive or take any other transportation by yourself. You must arrange for a responsible adult to accompany you by car, taxi or public transportation. This is strictly observed for your safety. No exceptions will be made unless you have the procedure without sedation.

Cancellation/No Show Policy for Procedures

- Scheduling time for procedures requires planning and coordination between the staff, doctors, and the hospital. Since the schedule is often carefully planned to avoid delays and having patients taken care of in a timely fashion, it is important that you adhere to the schedule as arranged. Should you need to reschedule or cancel, please do so at least 7 days prior to procedure.
- If you have your menstrual period, the exam will not be affected. However, if you have a fever, please call the office to reschedule.
- If a procedure is not cancelled **at least 7 days in advance**, you will be charged a one-hundred-dollar (\$100) fee. This fee is NOT covered by your insurance company.

Medication Concerns

- If you use **antiplatelets or anticoagulants** such as apixaban (Eliquis), clopidogrel (Plavix), dabigatran (Pradaxa), dipyridamole (Persantine), edoxaban (Savaysa), prasugrel (Effient), rivaroxaban (Xarelto), ticlopidine (Ticlid), or warfarin (Coumadin), contact your prescribing physician.
- If you use dulaglutide (Trulicity), exenatide (Bydureon, Bydureon BCise, Byetta), liraglutide (Saxenda, Victoza, Xultophy), lixisenatide (Adlyxin, Soliqua), semaglutide (Ozempic, Rybelsus, Wegovy), or tirzepatide (Mounjaro, Zepbound), skip 1 dose prior to your procedure.
- If you take ertugliflozin (Steglatro), stop this medication 4 days before your procedure.
- If you take canagliflozin (Invokana), dapagliflozin (Farxiga), or empagliflozin (Jardiance), stop these medication 3 days before your procedure.
- If you take metformin (Fortamet, Glucophage, Glumetza, Riomet), glimepiride (Amaryl), glipizide (Glucotrol), or glyburide (Diabeta, Glycron, Glynase, Micronase), stop these medication 1 day before your procedure.
- Stop taking **iron supplements** and **fiber supplements** 5 days prior to procedure.
- Continue taking daily aspirin if prescribed.

Preparation Instructions

You will need the following:

- One bottle of magnesium citrate (10 oz) — Available over the counter.

1 day before procedure (before 5 p.m.)

- You may have a normal breakfast and lunch.

Evening before procedure (between 5–9 p.m.)

- Begin a clear liquid diet. Clear liquids include water, fruit juices without pulp (apple or white grape juice), carbonated drinks (ginger ale, seltzer, sodas), gelatin, tea or coffee (without milk or cream), sports drinks, fat-free broth, bouillon, frozen juice popsicles.
- Avoid red or purple liquids.
- Drink one bottle of magnesium citrate slowly over 45 minutes.

Morning of procedure

- Have clear liquids only for breakfast.
- Avoid red or purple liquids.
- If you are having this procedure done with sedation, **finish clear liquids at least 3 hours before procedure.**

Pouchoscopy Prep (with Fleet Enema)

The following instructions will help you prepare for your pouchoscopy. **Please read all instructions in this packet at least 1 week prior to your procedure.**

Date:

Procedure time:

Arrival time:

Physician:

Location:

Please note that procedure times are not exact and unexpected delays may occur.

Transportation

- This procedure may be done with or without sedation.
- If you choose to have sedation, you must arrange a ride home before the day of your procedure. After your exam, you will not be able to drive or take any other transportation by yourself. You must arrange for a responsible adult to accompany you by car, taxi or public transportation. This is strictly observed for your safety. No exceptions will be made unless you have the procedure without sedation.

Cancellation/No Show Policy for Procedures

- Scheduling time for procedures requires planning and coordination between the staff, doctors, and the hospital. Since the schedule is often carefully planned to avoid delays and having patients taken care of in a timely fashion, it is important that you adhere to the schedule as arranged. Should you need to reschedule or cancel, please do so at least 7 days prior to procedure.
- If you have your menstrual period, the exam will not be affected. However, if you have a fever, please call the office to reschedule.
- If a procedure is not cancelled **at least 7 days in advance**, you will be charged a one-hundred-dollar (\$100) fee. This fee is NOT covered by your insurance company.

Medication Concerns

- If you use **antiplatelets or anticoagulants** such as apixaban (Eliquis), clopidogrel (Plavix), dabigatran (Pradaxa), dipyridamole (Persantine), edoxaban (Savaysa), prasugrel (Effient), rivaroxaban (Xarelto), ticlopidine (Ticlid), or warfarin (Coumadin), contact your prescribing physician.
- If you use dulaglutide (Trulicity), exenatide (Bydureon, Bydureon BCise, Byetta), liraglutide (Saxenda, Victoza, Xultophy), lixisenatide (Adlyxin, Soliqua), semaglutide (Ozempic, Rybelsus, Wegovy), or tirzepatide (Mounjaro, Zepbound), skip 1 dose prior to your procedure.
- If you take ertugliflozin (Steglatro), stop this medication 4 days before your procedure.
- If you take canagliflozin (Invokana), dapagliflozin (Farxiga), or empagliflozin (Jardiance), stop these medication 3 days before your procedure.
- If you take metformin (Fortamet, Glucophage, Glumetza, Riomet), glimepiride (Amaryl), glipizide (Glucotrol), or glyburide (Diabeta, Glycron, Glynase, Micronase), stop these medication 1 day before your procedure.
- Stop taking **iron supplements** and **fiber supplements** 5 days prior to procedure.
- Continue taking daily aspirin if prescribed.

Preparation Instructions

You will need the following:

- One fleet enema — Available over the counter.

1 day before procedure (before 5 p.m.)

- You may have a normal breakfast and lunch.

Evening before procedure (between 5–9 p.m.)

- Begin a clear liquid diet. Clear liquids include water, fruit juices without pulp (apple or white grape juice), carbonated drinks (ginger ale, seltzer, sodas), gelatin, tea or coffee (without milk or cream), sports drinks, fat-free broth, bouillon, frozen juice popsicles.
- Avoid red or purple liquids.

Morning of procedure

- Have clear liquids only for breakfast.
- Avoid red or purple liquids.
- Administer one fleet enema at least 2 hours before your scheduled procedure time.
- If you are having this procedure done with sedation, **finish clear liquids at least 3 hours before procedure.**

Pouchoscopy Prep (with Water Enema)

The following instructions will help you prepare for your pouchoscopy. **Please read all instructions in this packet at least 1 week prior to your procedure.**

Date: _____ Procedure time: _____ Arrival time: _____

Physician: _____

Location: _____

Please note that procedure times are not exact and unexpected delays may occur.

Transportation

- This procedure may be done with or without sedation.
- If you choose to have sedation, you must arrange a ride home before the day of your procedure. After your exam, you will not be able to drive or take any other transportation by yourself. You must arrange for a responsible adult to accompany you by car, taxi or public transportation. This is strictly observed for your safety. No exceptions will be made unless you have the procedure without sedation.

Cancellation/No Show Policy for Procedures

- Scheduling time for procedures requires planning and coordination between the staff, doctors, and the hospital. Since the schedule is often carefully planned to avoid delays and having patients taken care of in a timely fashion, it is important that you adhere to the schedule as arranged. Should you need to reschedule or cancel, please do so at least 7 days prior to procedure.
- If you have your menstrual period, the exam will not be affected. However, if you have a fever, please call the office to reschedule.
- If a procedure is not cancelled **at least 7 days in advance**, you will be charged a one-hundred-dollar (\$100) fee. This fee is NOT covered by your insurance company.

Medication Concerns

- If you use **antiplatelets or anticoagulants** such as apixaban (Eliquis), clopidogrel (Plavix), dabigatran (Pradaxa), dipyridamole (Persantine), edoxaban (Savaysa), prasugrel (Effient), rivaroxaban (Xarelto), ticlopidine (Ticlid), or warfarin (Coumadin), contact your prescribing physician.
- If you use dulaglutide (Trulicity), exenatide (Bydureon, Bydureon BCise, Byetta), liraglutide (Saxenda, Victoza, Xultophy), lixisenatide (Adlyxin, Soliqua), semaglutide (Ozempic, Rybelsus, Wegovy), or tirzepatide (Mounjaro, Zepbound), skip 1 dose prior to your procedure.
- If you take ertugliflozin (Steglatro), stop this medication 4 days before your procedure.
- If you take canagliflozin (Invokana), dapagliflozin (Farxiga), or empagliflozin (Jardiance), stop these medication 3 days before your procedure.
- If you take metformin (Fortamet, Glucophage, Glumetza, Riomet), glimepiride (Amaryl), glipizide (Glucotrol), or glyburide (Diabeta, Glycron, Glynase, Micronase), stop these medication 1 day before your procedure.
- Stop taking **iron supplements** and **fiber supplements** 5 days prior to procedure.
- Continue taking daily aspirin if prescribed.

Preparation Instructions

You will need the following:

- One water enema kit — Available over the counter.

1 day before procedure (before 5 p.m.)

- You may have a normal breakfast and lunch.

Evening before procedure (between 5–9 p.m.)

- Begin a clear liquid diet. Clear liquids include water, fruit juices without pulp (apple or white grape juice), carbonated drinks (ginger ale, seltzer, sodas), gelatin, tea or coffee (without milk or cream), sports drinks, fat-free broth, bouillon, frozen juice popsicles.
- Avoid red or purple liquids.

Morning of procedure

- Have clear liquids only for breakfast.
- Avoid red or purple liquids.
- Administer 2 tap water enemas at least 2 hours before your scheduled procedure time.
- If there is a large amount of solid or semi-solid stool present at the end of the second enema, you should administer a third tap water enema.
- If you are having this procedure done with sedation, **finish clear liquids at least 3 hours before procedure.**

Anorectal Manometry Instructions

The following instructions will help you prepare for your anorectal manometry. **Please read all instructions in this packet at least 1 week prior to your procedure.**

Date: _____ Procedure time: _____ Arrival time: _____
Location: Newton Wellesley Hospital at 2014 Washington St, Newton
Enter through the Surgical Center/East Entrance, proceed to GI registration desk.

Transportation

- This procedure is done without sedation. As such, you do not need a ride home for this procedure.

Cancellation/No Show Policy for Procedures

- Scheduling time for procedures requires planning and coordination between the staff, doctors, and the hospital. Since the schedule is often carefully planned to avoid delays and having patients taken care of in a timely fashion, it is important that you adhere to the schedule as arranged. Should you need to reschedule or cancel, please do so at least 7 days prior to procedure.
- If you have your menstrual period, the exam will not be affected. However, if you have a fever, please call the office to reschedule.
- If a procedure is not cancelled **at least 7 days in advance**, you will be charged a one-hundred-dollar (\$100) fee. This fee is NOT covered by your insurance company.

Medication Concerns

- You may take your morning medications normally.

Preparation Instructions

Morning of procedure

- You may eat normally on the day of the procedure.
- Administer 1 fleet enema or 2 tap water enemas at least 2 hours before your scheduled procedure time.
- If there is a large amount of solid or semi-solid stool present after initial enema(s), you should administer an additional tap water enema.

Esophageal Manometry Instructions

The following instructions will help you prepare for your esophageal manometry. **Please read all instructions in this packet at least 1 week prior to your procedure.**

Date: _____ Procedure time: _____ Arrival time: _____
Location: Newton Wellesley Hospital at 2014 Washington St, Newton
Enter through the Surgical Center/East Entrance, proceed to GI registration desk.

Transportation

- This procedure is done without sedation. As such, you do not need a ride home for this procedure.

Cancellation/No Show Policy for Procedures

- Scheduling time for procedures requires planning and coordination between the staff, doctors, and the hospital. Since the schedule is often carefully planned to avoid delays and having patients taken care of in a timely fashion, it is important that you adhere to the schedule as arranged. Should you need to reschedule or cancel, please do so at least 7 days prior to procedure.
- If you have your menstrual period, the exam will not be affected. However, if you have a fever, please call the office to reschedule.
- If a procedure is not cancelled **at least 7 days in advance**, you will be charged a one-hundred-dollar (\$100) fee. This fee is NOT covered by your insurance company.

Medication Concerns

- You may take your morning medications with a sip of water.

Preparation Instructions

Morning of procedure

- You may have clear liquids until 5 hours before your procedure.
- Clear liquids include water, fruit juices without pulp (apple or white grape juice), carbonated drinks (ginger ale, seltzer, sodas), gelatin, tea or coffee (without milk or cream), sports drinks, fat-free broth, bouillon, frozen juice popsicles.
- **Finish clear liquids at least 5 hours before procedure.**

Esophageal Manometry and pH/impedance Study (on PPIs)

The following instructions will help you prepare for your esophageal manometry and pH/impedance study (on PPIs). **Please read all instructions in this packet at least 1 week prior to your procedure.**

Date: _____ Procedure time: _____ Arrival time: _____
Location: Newton Wellesley Hospital at 2014 Washington St, Newton
Enter through the Surgical Center/East Entrance, proceed to GI registration desk.

Transportation

- This procedure is done without sedation. As such, you do not need a ride home for this procedure.

Cancellation/No Show Policy for Procedures

- Scheduling time for procedures requires planning and coordination between the staff, doctors, and the hospital. Since the schedule is often carefully planned to avoid delays and having patients taken care of in a timely fashion, it is important that you adhere to the schedule as arranged. Should you need to reschedule or cancel, please do so at least 7 days prior to procedure.
- If you have your menstrual period, the exam will not be affected. However, if you have a fever, please call the office to reschedule.
- If a procedure is not cancelled **at least 7 days in advance**, you will be charged a one-hundred-dollar (\$100) fee. This fee is NOT covered by your insurance company.

Medication Concerns

- You should be taking a **proton pump inhibitor (PPI)** such as dexlansoprazole (Dexilant), esomeprazole (Nexium), lansoprazole (Prevacid), omeprazole (Prilosec), pantoprazole (Protonix), or rabeprazole (Aciphex) at least 7 days before and 4 days after the procedure.

Preparation Instructions

Morning of procedure

- You may have clear liquids until 5 hours before your procedure.
- Clear liquids include water, fruit juices without pulp (apple or white grape juice), carbonated drinks (ginger ale, seltzer, sodas), gelatin, tea or coffee (without milk or cream), sports drinks, fat-free broth, bouillon, frozen juice popsicles.
- **Finish clear liquids at least 5 hours before procedure.**

Esophageal Manometry and pH/impedance Study (off PPIs)

The following instructions will help you prepare for your esophageal manometry and pH/impedance study (off PPIs). **Please read all instructions in this packet at least 1 week prior to your procedure.**

Date: _____ Procedure time: _____ Arrival time: _____
Location: Newton Wellesley Hospital at 2014 Washington St, Newton
Enter through the Surgical Center/East Entrance, proceed to GI registration desk.

Transportation

- This procedure is done without sedation. As such, you do not need a ride home for this procedure.

Cancellation/No Show Policy for Procedures

- Scheduling time for procedures requires planning and coordination between the staff, doctors, and the hospital. Since the schedule is often carefully planned to avoid delays and having patients taken care of in a timely fashion, it is important that you adhere to the schedule as arranged. Should you need to reschedule or cancel, please do so at least 7 days prior to procedure.
- If you have your menstrual period, the exam will not be affected. However, if you have a fever, please call the office to reschedule.
- If a procedure is not cancelled **at least 7 days in advance**, you will be charged a one-hundred-dollar (\$100) fee. This fee is NOT covered by your insurance company.

Medication Concerns

- Do not take **proton pump inhibitors (PPIs)** such as dexlansoprazole (Dexilant), esomeprazole (Nexium), lansoprazole (Prevacid), omeprazole (Prilosec), pantoprazole (Protonix), or rabeprazole (Aciphex) 7 days before and 4 days after the procedure.
- Do not take **H2 receptor antagonists (H2RAs)** such as cimetidine (Tagamet), famotidine (Pepcid, Zantac 360°), and nizatidine (Axid) 3 days before and 4 days after the procedure.

Preparation Instructions

Morning of procedure

- You may have clear liquids until 5 hours before your procedure.
- Clear liquids include water, fruit juices without pulp (apple or white grape juice), carbonated drinks (ginger ale, seltzer, sodas), gelatin, tea or coffee (without milk or cream), sports drinks, fat-free broth, bouillon, frozen juice popsicles.
- **Finish clear liquids at least 5 hours before procedure.**

Small Bowel Capsule Endoscopy Instructions

The following instructions will help you prepare for your small bowel capsule endoscopy. **Please read all instructions in this packet at least 1 week prior to your procedure.**

Date: _____ Procedure time: _____ Arrival time: _____
Location: Newton Wellesley Hospital at 2014 Washington St, Newton
Go to the GI office, located in the Green Building at Suite 368.

Transportation

- This procedure is done without sedation. As such, you do not need a ride home for this procedure.

Cancellation/No Show Policy for Procedures

- Scheduling time for procedures requires planning and coordination between the staff, doctors, and the hospital. Since the schedule is often carefully planned to avoid delays and having patients taken care of in a timely fashion, it is important that you adhere to the schedule as arranged. Should you need to reschedule or cancel, please do so at least 7 days prior to procedure.
- If you have your menstrual period, the exam will not be affected. However, if you have a fever, please call the office to reschedule.
- If a procedure is not cancelled **at least 7 days in advance**, you will be charged a one-hundred-dollar (**\$100**) fee. This fee is NOT covered by your insurance company.

Medication Concerns

- Stop taking **iron supplements** 5 days prior to procedure.
- You may take your morning medications with a sip of water.

Preparation Instructions

You will need the following:

- One bottle or 2 packets of Miralax
- Four 80-mg tablets of simethicone (Gas-X)

Evening before test (between 5–9 p.m.)

- Do not eat solids or drink thick liquids after 5 p.m.
- Begin a clear liquid diet. Clear liquids include water, fruit juices without pulp (apple or white grape juice), carbonated drinks (ginger ale, seltzer, sodas), gelatin, tea or coffee (without milk or cream), sports drinks, fat-free broth, bouillon, frozen juice popsicles.
- Avoid red or purple liquids.
- Take 1 capful or 1 packet (17 grams) of Miralax mixed with 8 oz of liquid at 5 p.m.
- Take 1 capful or 1 packet (17 grams) of Miralax mixed with 8 oz of liquid at 9 p.m.
- Do not eat or drink after midnight.

Morning of test

- Chew 4 tablets of simethicone (Gas-X) the morning of your test.
- You may take important medications at least 3 hours before your test with a sip of water or postpone until 4 hours after your test.

After your test

- You may have a clear liquid diet after **2 hours**.
- You may have a full liquid diet (coffee, orange juice, opaque drinks) and medications after **4 hours**.
- You may resume a regular diet after **8 hours**.

Hydrogen Breath Test Instructions

The following instructions will help you prepare for your hydrogen breath test. This includes glucose, fructose, and lactose hydrogen breath tests. **Please read all instructions in this packet at least 1 week prior to your procedure.**

Date: _____ Procedure time: _____ Arrival time: _____
Location: Newton Wellesley Hospital at 2014 Washington St, Newton
Go to the GI office, located on the 5th floor of the Green Building at Suite 560.

Transportation

- This procedure is done without sedation. As such, you do not need a ride home for this procedure.

Cancellation/No Show Policy for Procedures

- Scheduling time for procedures requires planning and coordination between the staff, doctors, and the hospital. Since the schedule is often carefully planned to avoid delays and having patients taken care of in a timely fashion, it is important that you adhere to the schedule as arranged. Should you need to reschedule or cancel, please do so at least 7 days prior to procedure.
- If you have your menstrual period, the exam will not be affected. However, if you have a fever, please call the office to reschedule.
- If a procedure is not cancelled **at least 7 days in advance**, you will be charged a one-hundred-dollar (\$100) fee. This fee is NOT covered by your insurance company.

Medication Concerns

- Avoid **antibiotics, probiotics, and bismuth subsalicylate (Pepto-Bismol)** 4 weeks before test.
- Avoid **colon cleansing** (for colonoscopy or surgery) 4 weeks before test.
- If you are able to do so, avoid **laxatives and fiber supplements** 1 week before test. This includes bisacodyl (Dulcolax), castor oil, docusate (Colace), lactulose (Enulose), linaclotide (Linzess), lubiprostone (Amitiza), magnesium citrate, magnesium hydroxide (Milk of Magnesia), methylcellulose (Citrucel), plecanatide (Trulance), polycarbophil (Fibercon), polyethylene glycol (Miralax), prucalopride (Motegrity), senna (Ex-Lax, Senokot), and tegaserod (Zelnorm).
- If you are able to do so, avoid **antidiarrheals and antispasmodics** 1 week before test. This includes dicyclomine (Bentyl), diphenoxylate/atropine (Lomotil), eluxadoline (Viberzi), hyoscyamine (Levsin), and loperamide (Imodium).
- If you are able to do so, avoid **promotility agents** 1 week before test. This includes domperidone and metoclopramide (Reglan).
- You may take your morning medications with a sip of water.

Preparation Instructions

Day before test

- You may only eat and drink the following:
 - Plain white bread
 - Plain white potatoes
 - Steamed white rice
 - Chicken, turkey, or fish (baked or broiled)
 - Broth (clear chicken or beef broth)
 - Eggs (any style)
 - Water
 - Black coffee (no dairy)
 - Only salt and pepper may be used as condiments
- Do not eat or drink after midnight.

Morning of test

- Do not smoke or exercise for 2 hours before and during your test.
- You may brush your teeth, but do not swallow any water or toothpaste.
- You may take your morning medications with a sip of water.