

IMPORTANT REMINDERS ABOUT YOUR PROCEDURE

For ALL Procedures

- 1. Bring your photo ID, insurance cards, completed paperwork, a list of medications and any out-of-pocket payment owed.**
2. Please ensure you have a responsible driver. Your driver is **REQUIRED** to remain in the building and **may not leave** during your procedure. If we are unable to locate your driver the procedure will be cancelled.
3. We do not accept patients transported by a cab, or commercial transportation (example: Uber or Lyft), unless you bring a responsible adult to accompany you. If you come alone, you will need to have **certified** medical transportation.
3. Do not eat any nuts, seeds, corn, or anything containing these for 3 days prior to procedure.
4. Wear a loose fitting, short sleeve shirt. Leave all valuables at home.

Medication Instructions

- 1. GLP-1 injectable medications – hold for 7 days prior to your procedure. Oral GLP-1 medication should be held for 1 day.** This is a medication taken for weight loss or diabetes. If you are not sure if you are taking a GLP-1 medication, call your prescribing provider or our office.
2. Diabetics: Test blood sugar prior to procedure, if you take oral medication or insulin, **DO NOT** take the morning of your procedure. Bring insulin with you. If you have any questions about these medications, please contact the prescribing provider.
3. Blood Thinners: Please follow the instructions given on holding these medications, if you did not receive instructions please contact our office. Not holding these medications or following instructions may result in cancellation or a repeat procedure. You may continue taking aspirin, ibuprofen, and other anti-inflammatory medications.
4. Additional medications: Bring your inhaler with you. Take blood pressure, heart and seizure medications with a sip of water at least 2 hours prior to procedure.

For Colonoscopy or Lower Endoscopy Procedures

1. The **entire day** prior to your procedure only have *Clear Liquids* (no solid food and nothing red).
2. **Follow all prep instructions given.** Start the prep as early as 1pm but no later than 4pm. If you do not complete the prep as instructed, you may be required to repeat the prep and procedure.
3. If you struggle with constipation, you may need additional prep. Please contact the nurse to inquire about additional instructions.

Why is this important? A bad prep can hide cancer or polyps. You want the best result possible!

SuPrep Preparation

Please read all instructions thoroughly. After reading if any questions please call our office.

Pick-up the following prescription:

- **SuPrep Prep (or the generic equivalent)** – the prescription has been sent to your pharmacy. Follow mixing instructions provided with product. Do not mix until the day before your procedure.

Note: If the pharmacy has not received the prescription, please call our office.

We recommend purchasing the following products:

- **One (1) Miralax 238-gram bottles** or generic equivalent
- **One (1) Gatorade 64-ounce bottles. NOTHING RED.** Sugar-free drinks (G2, PowerAde Zero, Propel, Crystal Light or water) are also options.
- **A soothing ointment such as Desitin or Vaseline** – this may be applied to the anal area to prevent discomfort and skin breakdown.

Note: These items may be needed after 8PM, please see instructions below.

The Day BEFORE Your Procedure:

- You will be on a **CLEAR LIQUID DIET** all day. This includes breakfast, lunch, and dinner. **Clear liquids include** water, sports drinks, black coffee, tea, soda (light or dark), broth, Jell-O, popsicles, and juice without pulp. **NOTHING RED. No dairy products. No solid food.** Drink plenty of **CLEAR LIQUIDS** throughout the day. Stay hydrated.
- At **1 pm** pour **ONE (1)** 6-ounce bottle of SuPrep Bowel Prep into the mixing container. Add cool water to the 16-ounce line on the container and mix. Drink **ALL** of the liquid in the container. You **MUST** drink two (2) more 16-ounce containers of water over the next 1 hour.
- At **5 pm**, pour the contents of the second bottle of SuPrep Bowel Prep into the mixing container. Add cool water to the 16-ounce line on the container, mix and drink. Drink **ALL** of the liquid in the container. You **MUST** drink two (2) more 16-ounce containers of water over the next 1 hour.
- At **8 pm**, if you are not passing clear or yellow tinted water after drinking the entire prep, please mix an entire bottle of Miralax with Gatorade in a **separate container** and drink one (1) 8oz cup every 15 minutes totaling 64oz (8 cups).
- If you are still not passing clear or yellow tinted water, please call 318-631-9121 for additional recommendations.

The Day of Your Procedure:

- If you smoke, please **do not smoke** the day your procedure is scheduled.
- **NOTHING BY MOUTH FOR 4 HOURS BEFORE YOU ARRIVE!** This includes water, gum, and mints. Otherwise, the procedure may be cancelled due to safety precautions.

You will receive appointment reminders with the date, time, and location of your procedure. Please make sure your cell phone and email address are on file with our office.
Call our office with any questions.

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