

Welcome to Central Illinois Endoscopy Center! Thank you for choosing us for your procedure. We appreciate your trust in us and look forward to working with you.

All of the enclosed information is important but we want to draw your attention specifically to the following points:

✓ **PROPER PRE-PROCEDURE PREPARATION** – the main key to a successful procedure is to follow the enclosed prep instructions including the clear liquid diet. These instructions are based on our years of experience on what works best and provides our team with the greatest opportunity for a successful procedure.

✓ **DRIVER** – if you have elected to be sedated for your procedure, you will not be allowed to leave our facility without a driver (**NOT A TAXI**). We require the **driver to be present in our facility during the entire procedure time** (approximately 2 hours from check in to completion). The doctor will need to speak with your driver after the procedure to provide additional information and instructions.

✓ **DO NOT EAT OR DRINK** – Do not have anything by mouth 4 hours prior to the Colonoscopy procedure, nothing by mouth for 6 hours prior to the Upper Endoscopy. (**This includes water**).

✓ **IDENTIFICATION** – Please arrive with your drivers license and insurance card so that they can be scanned for your file.

✓ **UNDERSTANDING YOUR PROCEDURE** – please review the enclosed information about your procedure.

✓ **PREGNANCY TEST** – Any female under age 55, who have not been through menopause, not had a hysterectomy, & has had a menstrual period within the last year will be required to do a urine pregnancy test prior to procedure.

IF YOU HAVE ANY ADDITIONAL QUESTIONS PLEASE CALL THE ON CALL PERSON FOR THE CENTER AT 309.370.6838.

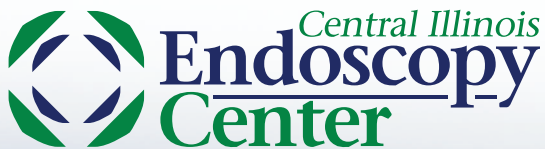
YOUR PROCEDURE IS SCHEDULED AT:

CENTRAL ILLINOIS ENDOSCOPY CENTER
Illinois Medical Center | 1001 Main St., Suite 500B, Peoria, IL 61606

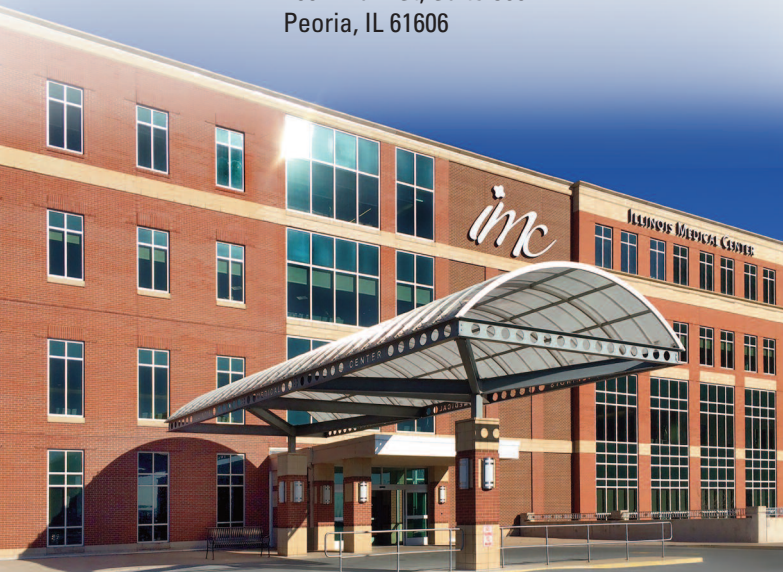
WITH DOCTOR:

DATE:

PLEASE ARRIVE ON TIME AT:



Illinois Medical Center
1001 Main St, Suite 500B
Peoria, IL 61606



Your First Step in Colon Cancer Prevention

**TIME SENSITIVE
PROCEDURE
INSTRUCTIONS
OPEN IMMEDIATELY.**

COLONOSCOPY INSTRUCTIONS FOR SUPREP | CLEAR LIQUID

If you have a history of constipation (move your bowels 2-3 times weekly) you may need additional bowel prep to help clear your colon. Please contact the intake nurse to discuss prep options.

STEP 1 7 DAYS BEFORE PROCEDURE

- Stop oral iron and any oral products that contain iron.
- Avoid foods that contain Olestra/Olean (ex: fat free potato chips).
- Avoid foods that have seeds, nuts, lettuce, cabbage, corn and beans.
- Stop fiber supplements.
- Pick up the prep at the pharmacy. **DO NOT FOLLOW THE INSTRUCTIONS FROM THE PHARMACY.** Chill Suprep in the refrigerator. Do not open Suprep bottles yet.
- If taking Plavix, Effient, Aggrenox, Coumadin, Eliquis, Pradaxa or any blood thinning medication, please inform our nurse at the time of call. This medication will need to be held prior to the procedure and an order obtained from the prescribing physician.

If diabetic, please contact your primary care doctor regarding instructions for diabetic medication while on the clear liquid diet.

STEP 2 3 DAYS BEFORE PROCEDURE

- Take one dose of Miralax or (generic-glycolax-over the counter) every am until you start your prep (follow instructions on the bottle)

STEP 3 1 DAY BEFORE PROCEDURE ALL DAY

- **Stay on clear liquid diet the entire day (no solid food on this day).**
- Drink 8 ounces of clear liquids every hour starting at 6 AM. This is not the prep solution.
- **Do NOT consume any products containing red dye. No pulp.**

Liquids allowed: Regular or Decaffeinated Tea or Coffee (NO DAIRY PRODUCTS OR DAIRY SUBSTITUTES). Any carbonated beverages. Kool-Aid, Gatorades and sport drinks, 100% Fruit Juices, Jell-O (DO NOT ADD FRUIT, VEGETABLES OR DAIRY PRODUCTS.), Popsicles (Plain, not creamy or fruity) Sugar, Honey, Fat Free Broth or Bouillon. If you are diabetic, you may drink up to 3 cans of Ensure, Boost or Glucerna shakes per day.

STEP 4 1 DAY BEFORE PROCEDURE STARTING AT 6 PM

- Mix Suprep. Pour one 6 ounce bottle of Suprep into mixing container and add cool water. Drink entire 16 ounce container. Follow with two more 16 ounces of water. This is a (**very important**) part of the prep process.
- If you have trouble drinking the solution, please slow down, we don't want you to throw up prep. It is very important that all the solution is drank and retained.
- Prep may cause chills after drinking it.

STEP 5 DAY OF PROCEDURE

- 5 hours before your colonoscopy is scheduled, pour one 6 ounce bottle of Suprep into mixing container and add cool water. Drink entire 16 ounce container. Follow with two more 16 ounces of water. (Very Important) This is part of the prep process.
- If you had trouble drinking the prep the night before, please start drinking the prep 6 hours prior to the procedure. Follow up with water if able. It is important to drink the second dose on the day of your procedure as it cleans out your colon better and will help us to identify polyps. Stools should appear watery clear to yellow in color with no sediment.

4 HOURS BEFORE YOUR PROCEDURE, DO NOT DRINK ANY FURTHER FLUIDS.

- 2 hours before your procedure, take heart and blood pressure medication with a small sip of water.
- Please do not apply lotions, perfumes or cologne the morning of your procedure.
- **Females may be required to do a urine pregnancy test prior to the procedure. Please inquire (about test) at the desk upon arrival or before using the restroom.**

TIPS FOR IMPROVED BOWEL PREP:

- Bowel prep solutions taste best well-chilled.
- You may add Crystal Light or tea bag to mask the taste.
- If lukewarm liquids are preferred, remove the dose from refrigerator for 15-30 minutes before drinking.
- Drink the whole dose quickly rather than sipping small amounts
- Try drinking the bowel prep solution through a straw
- Rinse mouth with water, clear soda, or mouthwash after drinking
- Suck on hard candy or lollipops (No red or purple) **TO AVOID A SORE BOTTOM FROM FREQUENT BOWEL MOVEMENTS:**
- Apply diaper rash cream/zinc oxide LIBERALLY after each trip to the bathroom
- Avoid rubbing; gently pat area with wet washcloth or pre-moistened wipe or rinse with water
- Wipe with refrigerated Tucks or Fleet relief pads (available over the counter)
- Have reading material handy in the bathroom, MP3 player, iPod, etc.

FREE MOBILE APP AVAILABLE

Our FREE app makes preparing for your upcoming procedure, and staying in touch with our practice, easier than ever. **Please visit your favorite app store, search CIE and locate the icon shown here.**

