

**OMAHA GASTROENTEROLOGY CONSULTANTS, P.C.**  
GASTROENTEROLOGY & LIVER DISEASE  
Board Certified in Internal Medicine & Gastroenterology  
Martha A. Arouni, MD, FACG, AGAF  
(402) 397-8040

Please follow all instructions. This includes not eating solids and drinking lots of clear liquids.

If you arrive at the facility not fully prepared, or if Dr. Arouni starts the procedure and you are not fully prepared, you may be sent home.

Remember that the quality of the colonoscopy = the quality of the bowel preparation. A poor cleanout may result in:

- Need for a “redo”
- A missed cancer
- Increased out of pocket costs for you
- Embarrassment for you

**A SUCCESSFUL COLONOSCOPY STARTS WITH A COMPLETE BOWEL PREP**

If you have any questions or are unable to drink the bowel prep in the allowed time, please call our 24-hour number **402-397-8040**

- **If you need to CANCEL or RESCHEDULE your procedure please allow a minimum of 48 hours ADVANCE notice to our office by calling 402-397-8040 and speak to one of our staff members. If you are unable to provide us with 48 hours advance notice please be aware that you may incur \$100.00 fee per procedure. (\$100 charge is per procedure, i.e., upper and lower scopes=\$200 total charge)**
- **If you do not call to cancel or show up to your scheduled procedure you will incur a \$100.00 charge per procedure.**

Bergan Mercy Hospital  
7500 Mercy Road  
Omaha, NE 68124

Lakeside Hospital  
16901 Lakeside Hills Court  
Omaha, NE 68130

Lakeside Endoscopy Center  
17001 Lakeside Hills Plaza, Suite 201  
Omaha, NE 68130

## OMAHA GI COLONOSCOPY CHECKLIST

### Two weeks before the colonoscopy

- Stop all herbal or diet medications

### One week before the colonoscopy

- Pick up your Suprep from the pharmacy. Our office has called it in.
- If you take insulin, please speak to your prescribing physician about how to adjust your insulin for the procedure
- Find someone to drive you home from your colonoscopy

### 3 days before the colonoscopy

- Stop taking coumadin (Warfarin) or clopidogrel (Plavix). If you take other blood thinners, stop them after talking with our schedulers or your doctor
- Stop taking iron pills
- Stop eating nuts, seeds, corn, beans, and raw fruits and vegetables
- Stop taking fiber supplements (Metamucil, Citrucel)

## **PREPARATION FOR A COLONOSCOPY USING SUPREP**

**One day PRIOR** to your procedure, do the following:

Drink **ONLY** clear liquids from the time you wake up. Some examples of clear liquids are water, apple juice, white grape juice, Sprite, 7-UP, tea, coffee (no cream), beef broth, chicken broth, ice popsicles, and JELL-O. You may also suck on hard candies such as peppermints and lemon drops. Avoid any red or purple colored fluids and JELL-O. Do not eat solid food or drink milk.

- **6 PM:** Pour one 6 ounce bottle of Suprep into the mixing container. Add 16 ounces of water and mix. Drink the entire container of liquid.
- Then, drink two 16 ounce containers of water over the next hour

**The morning of** your procedure, do the following:

- **6 hours before the procedure**, pour the second 6 ounce bottle of Suprep into the mixing container. Add 16 ounces of water and mix. Drink the entire container of liquid.
- Then, drink two 16 ounce containers of water over the next hour.
- You may have nothing more to drink beginning 4 hours prior to the procedure.
- If you take heart or blood pressure medication, take it in the morning with a small sip of water
- If you take medication for diabetes, follow instructions from the prescribing doctor
- Arrive to the facility 1 hour prior to your procedure time
- Bring a list of medications, a photo ID, and your insurance card

**After** your procedure, you will need someone to drive you home, due to the sedation you will receive. Dr. Arouni will speak to your family member or friend after the procedure if they are in the waiting room. You may eat whatever you like after the procedure, but take it slowly. You may resume normal activities the next day.

If you have any questions about the instructions, please call our office at 402-397-8040 between 8:30 AM- 5:00 PM

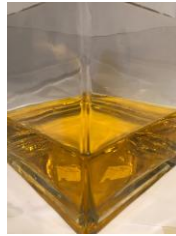
## Dr. Arouni's "Insider Tips" for Success with Colonoscopy Preparation

1. Eat lightly (less food) for 5-7 days before the clear liquid day(s). This makes less to move through and can make the prep easier and more successful. Also, drastically increase fluid intake during this time period (unless you are on a fluid restriction).

2. Your goal is the passage of clear fluid into the toilet several times (not just once) prior to leaving home for the procedure.



Clear



Clear



Clear



NOT CLEAR



NOT CLEAR

3. Walk around briskly while drinking the prep. This helps it move through and cuts down on nausea

4. Use lotion-coated facial tissue (the kind one uses with a "cold") to wipe your backside. This will cut down on irritation. Do not apply creams, ointments, or vaseline. These can "gunk up" the equipment.

5. Plan ahead! Take a shopping trip for Jello, Gatorade, broth, juice, clear hard candy-anything clear (but not red or purple) that will help get you through the prep. Be sure to call if you have questions.



## Medication Guidelines Prior to Procedures

### ASPIRIN COMBINATIONS

#### Stop 3 days prior to procedure

- Alka-Seltzer
- Aspirin
- Bayer
- Ecotrin products
- Excedrin products
- Fiorinal
- Monogesic
- Percodan

### SALICYLATES

#### Stop 3 days prior to procedure

- Aspercreme
- Ben-gay
- Icy Hot
- Pepto-Bismol

### IBUPROFEN COMBINATIONS

#### Stop 3 days prior to procedure

- Advil
- Ibuprofen
- Midol
- Motrin

### OTHER ANTI-INFLAMMATORIES

#### Stop 3 days prior to procedure

- Celecoxib (Celebrex)
- Diclofenac (Voltaren, Cataflam, Arthrotec)
- Diflunisal (Dolobid)
- Indomethacin (Indocin)
- Ketorolac (Toradol)
- Meloxicam (Mobic)
- Nabumetone (Relafen)
- Naproxen (Aleve, Anaprox, Naprosyn)
- Piroxicam (Feldene)
- Sulindac (Clinoril)

### WEIGHT LOSS MEDICATIONS

#### Stop 2 weeks before procedure

- Ephedra and Ephedra-containing energy pills, metabolism boosters, weight loss products
- Phentermine (Adipex-P, Suprenza)
- Phentermine/topiramate (Qsymia)

### HERBAL MEDICATIONS AND NUTRITIONAL SUPPLEMENTS

#### Stop 3 days prior to procedure

- Fish oil
- Ginger
- Gingko Biloba
- Ginseng
- Omega-3
- St. John's Wort
- Vitamin E
- Flax seed oil

### BLOOD THINNERS

#### Stop 3 days prior to procedure

- Coumadin (Warfarin)
- Clopidogrel (Plavix)

#### Stop 2 days before the procedure

- Apixaban (Eliquis)

#### Stop the morning of the procedure

- Dabigatran (Pradaxa)
- Enoxaparin (Lovenox)
- Heparin
- Rivaroxaban (Xarelto)

**Tylenol is acceptable to take prior to procedures.**