



2-Day Prep Instruction Sheet

Name: _____

Date of Procedure: _____ Check-in time: _____

If the facility has not contacted you, pre-register with the facility within 24-48 hours prior to your procedure.

_____ Alaska Regional Hospital	<u>(907) 264-1232</u> 2801 Debarr Rd, Anchorage, AK 99508
_____ Providence Day Surgery	<u>(907) 212-6013</u> 3200 Providence Dr. Anchorage, AK 99508
_____ Surgery Center of Anchorage	<u>(907) 563-1800</u> 4001 Laurel St Suite 101, Anchorage, AK 99508
_____ South Anchorage Surgery Center	<u>(907) 929-8790</u> 1917 Abbott Rd, Anchorage, AK 99507

Arrange for a Ride. Due to sedation, you will be unable to drive yourself home. Please make the proper arrangements with an adult you know to drive you home and stay with you. **You may not ride in a taxi/ride share unescorted.** Failure to make arrangements will result in the cancellation of your procedure.

BLOOD THINNING MEDICATION INSTRUCTIONS: **please verify with your cardiologist**

5 days before your procedure: No COUMADIN, PLAVIX, EFFIENT, BRILINTA, & IRON SUPPLIMENTS

2 days before your procedure: No ELIQUIS, AGGRENOX, PRADAXA, XARELTO or RIVAROXABAN

DIABETICS: Do not take oral diabetic medications the night before or the morning of your procedure.

Three (3) days: prior to procedure, **avoid** the following: NUTS, SEEDS, GRAINS, GRANOLA, CORN, POPCORN

2-Days prior to your procedure _____, you may have a light fiber-free breakfast (may consist of eggs, cheese, cottage cheese, or yogurt without fruit) all before 11:00am and **you will start your clear liquid diet, (no solid foods) after 11:00am.**

You may NOT have dairy products, red or purple food dyes color, and alcohol.

You MAY drink the following liquids; sports drinks, water, black coffee, tea, vegetable broth, chicken broth or beef broth, soda, clear juices without pulp, white grape juice, apple juice, white cranberry juice, popsicles and Jell-o are other examples of other clear liquids.



You have been prescribed _____ as your bowel prep medication.

Will also be prescribing Ondansetron (anti-nausea) and Simethicone (anti-gas) to take as well.

2-Days Before Your Procedure (_____):

- Begin clear liquid diet (see page 1 for dietary list)

- Beginning **5:00PM** follow instructions to take the first dose of bowel prep along with 2 tabs of Ondansetron and 2 tablets of Simethicone (Gas X).

The MORNING OF THE DAY BEFORE Your Procedure (_____):

- Take second dose at **7:00AM**

- Follow instructions to take the second dose of bowel prep along with 2 tabs of Ondansetron and 2 tablets of Simethicone (Gas X).

The EVENING OF THE DAY BEFORE Your Procedure (_____):

- Begin clear liquid diet (see page 1 for dietary list)

- Beginning **5:00PM** follow instructions to take the first dose of bowel prep along with 2 tabs of Ondansetron and 2 tablets of Simethicone (Gas X).

The Morning of the Day of Your Procedure (_____):

- Take second dose at _____

- Follow instructions to take the second dose of bowel prep along with 2 tabs of Ondansetron and 2 tablets of Simethicone (Gas X).

****NOTHING BY MOUTH AFTER _____ AM/PM or your procedure can be postponed or cancelled****

This means nothing to drink, no food, no gum, no breath mints.



SUPREP INSTRUCTIONS

STEP 1



Pour **ONE (1)** 6-ounce bottle of SUPREP liquid into the mixing container.

STEP 2



Add cool drinking water to the 16-ounce line on the container and mix.

NOTE: Dilute the solution concentrate as directed prior to use.

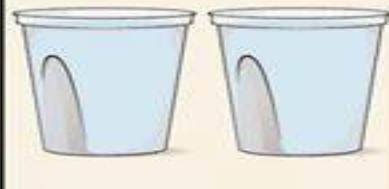
STEP 3



Drink **ALL** the liquid in the container.

STEP 4

IMPORTANT



You **must** drink two (2) more 16-ounce containers of water over the next 1 hour.



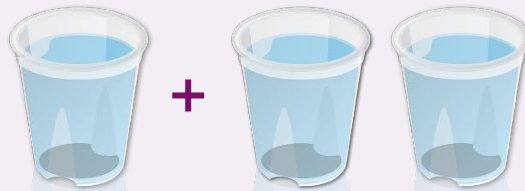
SUTAB INSTRUCTIONS

STEP 1 Open 1 bottle of 12 tablets.

STEP 2 Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water, and drink the entire amount of water over 15 to 20 minutes.



Tablets not shown actual size.



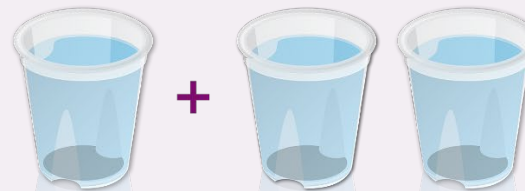
STEP 3 Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.

STEP 4 Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.

- Continue to consume only clear liquids until after the colonoscopy
- Repeat STEP 1 to STEP 4 from DOSE 1



Tablets not shown actual size.





PLENVU INSTRUCTIONS

Preparation of PLENVU®

Pack contents



One pack of PLENVU® contains 3 sachets: one sachet of Dose 1 and two sachets of Dose 2 (sachet A+B).

Preparation of Dose 1



Fill a container with the contents of Dose 1. Add 0.5 L water.



also add 0.5 L clear liquid

Mix the entire contents until the liquid is almost clear (this may take a few minutes).

Preparation of Dose 2



Fill a container with the contents of Dose 2 (sachets A+B). Add 0.5 L water.



also add 0.5 L clear liquid

Mix the entire contents until the liquid is almost clear (this may take a few minutes).

Suggestion: Drink PLENVU® chilled with or without a straw.

At least one hour should elapse after taking the second dose until the examination begins to achieve a complete bowel cleanse.

Taking PLENVU®

Dose 1



time

Dose 2 (sachets A+B)



time



The additional intake of at least 2 x 0.5 L clear liquid which may be freely selected by the patient is required

- Slowly drink the prepared PLENVU® doses within 30 minutes.
- Drink at least 0.5 L clear liquid in the 30 minutes after taking PLENVU®.
- The intake of any fluid should be completed no later than 2 hours prior to the examination.
- Stay within easy reach of an unoccupied toilet while taking the preparation.

Recommendation

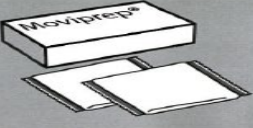




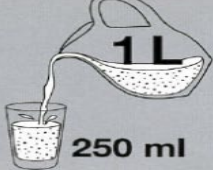
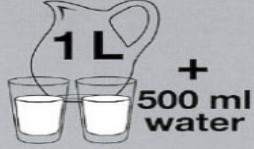

Colonoscopy before 12:00 noon: Divide intake of PLENVU®, Dose 1 on the day before and Dose 2 (sachets A+B) on the day of the examination.

Colonoscopy after 12:00 noon: Take PLENVU® on the day of the examination.

MOVIPREP INSTRUCTIONS



How to prepare and take Moviprep®

<p>Step 1</p>  <p>Each box of Moviprep® contains 2 sealed plastic bags</p>	<p>Step 2</p>  <p>Each plastic bag contains 1 sachet A and 1 sachet B</p>	<p>Step 3</p>  <p>Pour 1 sachet A and 1 sachet B into an empty jug</p>	<p>Step 4</p>  <p>Make up to 1 L with water (not chilled)</p>
<p>Step 5</p>  <p>Stir until dissolved (solution is clear or slightly hazy)</p>	<p>Step 6</p>  <p>Drink one glassful (250 ml) of Moviprep® every 15–30 minutes until you have drunk it all (over about 1–2 hours). Take your time, there is no rush</p>	<p>Step 7</p>  <p>Remember to drink an additional 500 ml of water or clear fluids with each liter of Moviprep® taken</p>	 <p>Please remember to take your Moviprep® as instructed.</p> <p>Follow steps 3–7 again when you are due to take the second liter of Moviprep®</p>



CLENPIQ INSTRUCTIONS

CLENPIQ™
 (sodium picosulfate, magnesium oxide,
 and anhydrous citric acid) Oral Solution
 10 mg/3.5 g/12 g per 160 mL bottle

TAKING CLENPIQ
STEPS TO COMPLETE THE PREP
 The Split-Dose Regimen

Evening Before
 Between 5-9 PM

Drink 40 oz (5 cups) of clear liquids.*
 Finish liquids over the next 5 hours.

Morning of
 5 hours before procedure

Drink at least 24 oz (3 cups) of clear liquids.
 Finish liquids 2 hours before your colonoscopy
 or as advised by your doctor.



Hydration is important and it's part of the prep. Make sure to hydrate before you take the prep, while you're taking the prep, and after the prep.

Prep Assistant Use the prep assistant as a guide for completing your prep.

The time of your colonoscopy is _____:_____

Complete your prep and all hydration by _____:_____

ON THE DAY BEFORE THE COLONOSCOPY, stop eating all solid food and dairy, and start hydrating by drinking clear liquids.

Evening before your colonoscopy

Drink one bottle of CLENPIQ
 Drink CLENPIQ right from the bottle

Then, keep hydrating
 Drink 5 cups (8 oz each) of clear liquid.
 Check off the cups below as you go!

Start: _____:_____

Finish: _____:_____

Morning of your colonoscopy

Drink the other bottle of CLENPIQ
 Drink CLENPIQ right from the bottle

Then, keep hydrating
 Drink at least 3 cups (8 oz each) of clear liquid.
 Check off the cups below as you go!

Start: _____:_____

OR MORE

Finish: _____:_____

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Prepare Golytely solution by filling jug with water to the fill-line (powder is already in the jug), mix and refrigerate until use.