

Central Florida Gastroenterology
Dr. Avanish Aggarwal M.D.

Colonoscopy Preparation Instructions
Suprep

You Have a Colonoscopy scheduled at Citrus Surgical Center or Oakwater Surgical Center on: _____ . You will need to arrive at: _____ .

***You will need a driver** the anesthesia will make you drowsy and you will not be permitted to drive. You and the person that will accompany you shall expect to be there for 2-3 hours.*

Please be aware that if you are on Coumadin, Plavix, Aspirin, or any other blood thinner we will need to get a cardiac clearance from your cardiologist or the physician who monitors these medications prior to your procedure.

***Diabetics:** take your pills as usual. If you take insulin take half the normal dose on the day of the procedure.*

If you take blood pressure medication you may take them with small sips of water, you may also take Tylenol for headaches, please hold all other meds until after your procedure.

Day of prep: _____

You may have a light breakfast (ex: scrambled eggs, toast, coffee no cream, before 9am, after 9 am you are on a strict clear liquid diet (list provided in this packet) for the remainder of the day until midnight nothing by mouth after midnight.

You may mix your prep with water and put it in the refrigerator on the day of your prep **DO NOT MIX** until this day.

1. At ____: mix (1) 6 oz bottle of Suprep liquid into the mixing container, Add cold water to the 16 oz line on the container, drink all of the liquid in the container, you must drink 32 oz of clear liquids within the next hour.
2. You will need to continue to drink clear liquids throughout the day. This is very important to prevent dehydration.
3. Depending on what time your procedure is scheduled you may have to drink one bottle at 8pm the night before your procedure or 5 am the morning of your procedure. You will need to mix the second dose of Suprep (1) 6 oz bottle of liquid into the mixing container, Add cold water to the 16 oz line on the container, drink all of the solution, You must drink 32 oz's of clear liquids within the next hour. Stop all liquids at 12 midnight the night before procedure or after 6am the day of procedure depending on what time your procedure is scheduled. PLEASE READ INSTRUCTIONS if you have any questions call our office.

Please call our office if you have any questions. Inform the nurse if you have any problems or cannot complete your prep we may need to try something different. If you need to cancel or reschedule your procedure it must be done by Dr. Aggarwal's nurse or medical assistant's. If you are unable to reach us please leave a message with the best contact number so that I may make the necessary changes. You may reach us at (407)851-5600 ext. 1029(Carmen) or ext. 1030 (Ryan), or you may email us at:ccastillo@imsmed.org. Or rmohamed@imsmed.org.

Please note that a lot of effort goes into scheduling this procedure including staff time, clearance from your insurance company, etc. A "No Show/Cancellation" fee of \$100.00 will be charged if you fail to cancel your procedure with less than 48 hours notice. This fee is not covered by your insurance.

Any insurance questions call Alexa @ 407-851-5600 ext. 1037; copay questions for your procedure call Citrus Surgical Center @ 407-472-5095 or Oakwater Surgical Center @ 407-438-9533.

Please contact your insurance as soon as possible to verify your coverage. Your colonoscopy/endoscopy are considered and billed as outpatient surgical procedures. They are done at a outpatient surgical center not at a doctor's office. Please note there will be separate charges:

1) surgical center, 2) doctor fee, 3) anesthesia and 4) biopsy and/or polyps.

Call the Customer Service number on the back of your insurance card for further questions. You will be responsible for any co-pays or deductible at the time of your procedure unless you have made prior arrangements please call Surgery Center that your procedure will be done at the numbers are provided in this packet. These charges are determined by your insurance plans.

Please be aware there is a difference between a screening colonoscopy (there is nothing wrong with you and you are African American 45 yrs old, and age 50 for all others), diagnostic (there is something wrong ex. Rectal bleeding, constipation, diarrhea).

Any questions regarding Anesthesia before hand you may call 866-951-5247, our office cannot answer questions regarding anesthesia, this is not part of our office.

For billing codes: CPT codes

Colonoscopy 45380

EGD 43239

Citrus Surgical Center facility code 6F3

Please be aware that the office cannot answer these questions. Refer to the phone numbers above to call.

CLEAR LIQUID DIET

****** NO Dairy or Dairy Products******

******No Red, Pink, or Purple Artificial colored dyes******

Foods allowed:

Water, sparkling water, coffee-no milk, Gatorade(lemon,lime,orange,clear flavors)
Club soda,Tea, Sprite, 7 up, ginger ale, mountain dew, fresca, apple juice, white
grape juice, pineapple juice(no pulp).

Broths- all flavors

Jello- Orange, Lemon, Lime only

Popsicles (no red,bkue,pink,purple) fruit flavored

Gelatin

Clear Hard Candy

Sorbet (not sherbet) coconut, lemon or mango

**Nothing to Eat or Drink or Smoke after Midnight or the
morning of your procedure**

