



Bruce A. Salzberg M.D., F.A.C.G.
Atlanta Gastroenterology Specialists, PC
www.atlgastrospec.com
678-957-0057

ATTENTION

IF YOU NEED TO RESCHEDULE YOUR PROCEDURE, PLEASE GIVE A

72 HOUR NOTICE!!!

IF A NOTICE IS NOT GIVEN WITHIN A 72 HOUR TIME PERIOD
THERE WILL BE A

\$200 CHARGE APPLIED.

YOU WILL NOT BE ABLE TO RESCHEDULE OR MAKE ANOTHER
APPOINTMENT UNTIL THIS FEE IS PAID OUT.

IF YOU OWE FOR YOUR PROCEDURE, IT IS DR. SALZBERG'S
POLICY TO HAVE THAT PAYMENT PAID PRIOR TO YOUR
PROCEDURE.

PLEASE NOTE: THE FACILITY HAS A SEPARATE FEE AND THEY
WILL NOT COLLECT OUR FEE FOR US. IF NOT PAID, YOUR
PROCEDURE WILL BE POSTPONED UNTIL PAID.



Bruce A. Salzberg M.D., F.A.C.G.
Atlanta Gastroenterology Specialists, PC
www.atlgastrospec.com
678-957-0057

Colonoscopy Preparation Instructions:

Day/Date: _____

Location of Procedure:

Georgia Endoscopy Center
3330 Preston Ridge Rd
Suite 200
Alpharetta, GA 30005

Time of Arrival: _____

(IF YOU DO NOT ARRIVE ON TIME YOUR PROCEDURE MAY BE DELAYED)

Procedure Time: _____

- 1. PLEASE DO NOT HAVE ANYTHING TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE YOUR PROCEDURE.**
- Someone must drive you home from the procedure. Someone must also be there after the procedure when the doctor is giving you the results. If public transportation, i.e. Uber, Lyft, or Taxi is used, you will be required to sign a release.
- If you are taking blood thinners (Heparin, Coumadin, etc.) they should be stopped 3-4 days prior to your procedure. Please discuss these drugs with your prescribing doctor before stopping
- If you have either significant heart/kidney disease, please notify your physician prior to your procedure.
- If you are on medication for diabetes, you may take the medication prior to the procedure or bring it with you and take it soon after the procedure is completed.
- Unless your physician gives you other instructions, prescribed medications for asthma, hypertension, heart disease, seizure history or antipsychotic medications should be taken as scheduled.



ABOUT YOUR PREP INSTRUCTIONS PREP PRESCRIPTION:

Every Insurance company and plan is different. Due to this, your prep prescription may not be covered. Please note we **DO NOT** do prior authorizations for colonoscopy preps. If your pharmacy tells you that your prep is not covered— Please use one of the following websites to obtain a manufacturer’s coupon.

SUTAB:

<https://sutab.com/Savings>

SUPREP:

<https://suprekit.com/SAVINGS>

CLENPIQ:

<https://www.clenpiq.com/hcp/savings-coupon/>



4395 Johns Creek Parkway STE 130
Suwanee, GA 30024
678-957-0057

How to Prepare for Your Colonoscopy using SUPREP or SUTAB Bowel Prep Kit

This information will help you get ready for your colonoscopy using SUPREP or SUTAB Bowel Prep Kit. Your doctor will give you a prescription for each kit. **DO NOT TAKE BOTH.** Choose whichever one you prefer.

A colonoscopy is an exam of your colon (large intestine). Your doctor will use a colonoscope (flexible tube with a camera on the end) to see the inside of your colon on a video monitor. During your procedure, your doctor can:

- Remove a small sample of tissue (biopsy) for testing
- Remove a polyp (growth of tissue)
- Take photos of the inside of your colon

Follow these instructions carefully. It is very important that your colon is empty for your colonoscopy. If there's stool inside your colon, your doctor may not be able to see polyps or other problems inside your colon and you may have to repeat the procedure. If you have any questions, contact your doctor's office.

1 Week Before Your Procedure

Ask about your medications

You may need to stop taking some of your medications before your procedure. Talk with your doctor about which medications are safe for you to stop taking. We have included some common examples below.

- **Anticoagulants (blood thinners)**

If you take a blood thinner, such as to treat blood clots or to prevent a heart attack or stroke, ask the doctor who prescribes it for you when to stop taking it.

Examples are listed in the “Common anticoagulants (blood thinners)” table. There are others, so check with your doctor if you’re not sure.

- apixaban (Eliquis®)
- cilostazol (Pletal®)
- clopidogrel (Plavix®)
- dalteparin (Fragmin®)
- enoxaparin (Lovenox®)
- fondaparinux (Arixtra®)
- heparin
- rivaroxaban (Xarelto®)
- tinzaparin (Innohep®)
- warfarin (Coumadin®)

▪ Medications for diabetes

If you take insulin or other medications for diabetes, you may need to change the dose. Ask the doctor who prescribes your diabetes medication what you should do the day before and the morning of your procedure. Tell your doctor you will be drinking a sugar-free clear liquid diet the day before your procedure.

If you take metformin (such as Glucophage® or Glumetza®) or a medication that contains metformin (such as Janumet®), don’t take it the day before or the day of your procedure.

Tell your doctor if you have an automatic implantable cardioverter-defibrillator (AICD).

Arrange for someone to take you home

You must have a responsible care partner take you home after your procedure. Make sure to plan this before the day of your procedure. UBER or LYFT rides are allowed as well. **A consent must be signed**

3 Days Before Your Procedure

Avoid certain foods

You should follow a low-fiber diet starting 3 days before your colonoscopy. During this time, do not eat:

- Raw (fresh) fruits and vegetables.
- Whole kernel corn, including canned corn
- Whole grains (such as oatmeal, brown rice, quinoa, or wheat bread)
- Seeds (such as poppy or sesame)

- Nuts

1 Day Before Your Procedure

Starting the day before your procedure, do not eat anything. Follow a clear liquid diet.

Follow a clear liquid diet

A clear liquid diet includes only liquids you can see through. Examples are listed in the “Clear Liquid Diet” table. While you’re following this diet:

- **DO NOT** eat any solid foods.
- Try to drink at least 1 (8-ounce) glass of clear liquid every hour you’re awake.
- Don’t drink anything red, purple, or orange.
- If you have diabetes, only drink sugar-free clear liquids and check your blood sugar level often. If you have any questions, talk with your healthcare provider.

	Drink	Do Not Drink
Soups	<ul style="list-style-type: none"> • Clear broth, bouillon, or consommé 	<ul style="list-style-type: none"> • Any products with particles of dried food or seasoning
Sweets	<ul style="list-style-type: none"> • Gelatin, such as Jell-O® • Flavored ices • Hard candies, such as Life Savers® 	<ul style="list-style-type: none"> • Anything red, purple, or orange
Drinks	<ul style="list-style-type: none"> • Clear fruit juices, such as apple, white cranberry, or white grape • Soda, such as 7-Up®, Sprite®, ginger ale, or seltzer • Gatorade® • Black coffee • Tea • Water 	<ul style="list-style-type: none"> • Juices with pulp • Nectars • Milk or cream • Alcoholic beverages • Anything red, purple, or orange

INSTRUCTIONS

If you are taking the SUPREP Bowel Preparation (Liquid) :

If you end up choosing Clenpiq Bowel Prep Kit, you will follow these same directions

You will drink a large amount of cool liquid for your SUPREP bowel preparation. This may cause bloating or discomfort in your abdomen (belly), nausea, or a headache. These things aren't cause for alarm. If you have pain in your abdomen or vomit, call your doctor.

Do your SUPREP bowel preparation in 2 parts.

At 4PM the evening before your procedure, start drinking the first part of your SUPREP bowel preparation.

Start at 4:00 PM no matter what time you're scheduled to arrive for your procedure.

1. Empty 1 (6-ounce) bottle of SUPREP liquid into the mixing container.
2. Add cool drinking water up to the 16 ounce line on the container. Mix.
3. Drink all of the liquid in the container.
4. Drink 2 more 16-ounce containers of water (32 ounces total) over the next hour. You don't need to drink the water all at once, but it's important to finish all 32 ounces over the next hour.
5. After you finish all 32 ounces of water, you can keep drinking other clear liquids until 4 hours before your scheduled arrival time.

You will repeat steps 1 to 5 starting at **8PM** for the second part of your SUPREP bowel preparation.

DO NOT have anything to **EAT** or **DRINK** after midnight other than a small amount of water for meds.

If you are taking the SUTAB Bowel Preparation (Pills) :

SUTAB Dosing Instructions

Dose 1-Day prior to the colonoscopy

- At **4PM** the night before colonoscopy, open one bottle of 12 tablets.
- 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 over 15 to 20 minutes.
- Approximately one hour after the last tablet is ingested, fill the provided container a second time with 16 ounces of water (up to the fill line) and drink the entire amount.

- Approximately 30 minutes after finishing the second container of water, fill the provided container again with 16 ounces of water (up to the fill line) and drink the entire amount.
- If patients experience preparation-related symptoms (e.g. nausea, bloating, cramping), pause or slow down the rate of drinking the additional water until symptoms diminish.

Dose 2-Day prior to colonoscopy

- At **8PM** the night before the colonoscopy, open one bottle of 12 tablets.
- 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 over 15 to 20 minutes.
- Approximately one hour after the last tablet is ingested, fill the provided container a second time with 16 ounces of water (up to the fill line) and drink the entire amount.
- Approximately 30 minutes after finishing the second container of water, fill the provided container again with 16 ounces of water (up to the fill line) and drink the entire amount.
- If patients experience preparation-related symptoms (e.g. nausea, bloating, cramping), pause or slow the rate of drinking the additional water until symptoms diminish.

You may drink clear liquids up until Midnight to avoid dehydration.

DO NOT have anything to EAT or DRINK after midnight other than a small amount of water for meds.

If you feel as if you are NOT completely cleaned out from the prep 4-5 hours after completion, you may take ONE bottle of magnesium citrate or Fleet's enema

Things to remember

- Do not put on any lotion, cream, powder, makeup, perfume, or cologne.
- Remove any jewelry, including body piercings.
- If you wear contacts, wear your glasses instead.

What to bring

- Your insurance card, picture ID and credit card for payment.
- A list of the medications you take at home, including patches and creams.
- If you have an implanted pacemaker or cardioverter-defibrillator (AICD), bring your wallet card with you if it isn't already on file with the hospital.
- Your rescue inhaler (such as albuterol for asthma), if you have one
- Your Health Care Proxy form, if you have completed one