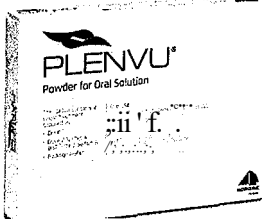

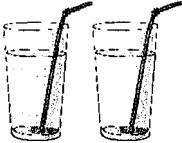


Martin Shill, MD

Colonoscopy Prep Instructions - PLENVU - Split Dose Prep
PLEASE READ ALL INSTRUCTIONS CAREFULLY WHEN PROCEDURE IS SCHEDULED

5-7 DAYS PRIOR	3 DAYS PRIOR	ONE DAY PRIOR	THE DAY OF PROCEDURE
<p>Take your PRESCRIPTION to the pharmacy and purchase:</p>  <p>Read over approved clear liquid list in advance to allow yourself time to stock up on these items for your preparation days.</p> <h1>STOP</h1> <p>If you take medication to thin your blood, such as Coumadin (warfarin), Plavix (clopidogrel), Xarelto (rivaroxaban) or Pradaxa (dabigatran), Eliquis (apixaban), Aggrenox (aspirin/dipyridamole), etc., ask the doctor that prescribed it for instructions prior to stopping the medication. Aspirin may be continued.</p> <p>STOP all fiber supplements or medications containing iron 7 days before your appointment. This includes multi-vitamins with iron, Metamucil, Citrucel and Fibercon.</p> <p>Arrange for a driver on the day of your procedure.</p>	<p>STOP consuming all high fiber foods/roughage.</p> <ul style="list-style-type: none"> NO raw vegetables NO corn (raw or cooked) NO whole wheat or high fiber breads NO nuts or popcorn NO bran or bulking agents <p>Confirm that you have a driver for the day of the procedure. A taxi or bus is NOT allowed unless you are accompanied by a family member or friend.</p> <p>Review paperwork and sign</p> <ul style="list-style-type: none"> Multi-authorization Notice of Privacy Practices 	<p>NO SOLID FOOD NO ALCOHOL Clear liquids ALL DAY</p> <p>AVOID anything red or purple in color. NO milk products or non-dairy creamer. SEE ATTACHED LIST OF CLEAR LIQUIDS</p> <p>DIABETICS: Do NOT take oral medication DIABETA, GLUCOPHAGE, METFORMIN or JANUVIA Take ½ of your regular insulin dose</p> <hr/> <p>AT 5:00 PM</p> <p>TAKE DOSE ONE:</p> <p>-Use the mixing container to mix the contents of the Dose 1 pouch with 16 ounces of water by shaking or using a spoon until it's completely dissolved. This will take 2-3 minutes.</p>  <p>-Take your time-slowly finish the dose within 30 minutes. -Follow with 16 oz. of clear liquid of your choice.</p>  <p>Continue on clear liquids until bedtime.</p>	<p>NO SOLID FOOD NO ALCOHOL</p> <p>DIABETICS: Do NOT take oral medication DIABETA, GLUCOPHAGE. METFORMIN or JANUVIA</p> <p>- If you are Insulin dependent, do not take your morning dose of insulin.</p> <p>- You must check your blood sugar before leaving home. If your level is above 300, please take your Regular insulin according to your sliding scale.</p> <p>- Please bring your insulin with you to procedure center.</p> <p>-All patients may take morning medications with sips of water. At __ _ :</p> <p>4 hours prior to your procedure:</p> <p>TAKE DOSE TWO:</p> <p>-Use the mixing container to mix the contents of Dose 2(Pouch A and Pouch B) with 16 ounces of water by shaking or using a spoon until it's completely dissolved. This will take 2-3 minutes. -Take your time- slowly finish the dose within 30 minutes. -Follow with 16 oz. of clear liquid of your choice.</p> <p>You may continue to drink water until: 3 HOURS PRIOR to procedure.</p> <p>Drinking liquids within these 3 hours will cause us to cancel or postpone your procedure.</p>

A Colonoscopy has been recommended to you. This examination involves guiding a tubular, flexible instrument through the rectum and into the entire colon. The preparation for the procedure is **IMPORTANT**. It does cause diarrhea and possibly abdominal cramping.

CLEAR LIQUIDS - No RED or PURPLE

Must be something you can see through...



- Gatorade or PowerAde
- Clear broth or bouillon - chicken or beef
- Coffee or Tea (*no milk or non-dairy creamer*)
- Carbonated and Non-Carbonated Soft Drinks
- Kool-Aid or Crystal Light
- Strained Fruit Juices (*no pulp*)
- Jell-O, Popsicles, or Italian Ice

DON'T FORGET - these foods are NOT ALLOWED!



- Milk or milkshakes
- Cream or non-dairy creamer
- Orange, Grapefruit or Tomato Juice
- Creamed Soups or any soup other than broth
- Oatmeal
- Cream of Wheat

Colon Cleansing Tips

- You may use over the counter hydrocortisone creams, tucks pads or baby wipes as necessary for skin irritation. Be sure to get alcohol free!
- Chill the solution in refrigerator or by placing in a bowl of ice. **DO NOT** add ice to the solution.
- Stay near the toilet! You will have diarrhea, which can be quite sudden...this is normal!
- If you experience nausea or vomiting, rinse your mouth with water and take a break☺ Wait 45 minutes and then resume drinking the prep. If necessary, slow down, let your stomach settle between glasses.
- It is common to experience abdominal discomfort until the stool has flushed from your colon.
- Some find it easier to drink through a straw.
- Eventually your stools will be liquid, and clear enough to see the bottom of the toilet.
- If you feel for any reason your prep is not working, please be sure to call us so we can assist you in completing the prep process.
- **EVEN AFTER STOOLS BECOME CLEAR YELLOW LIQUID-YOU MUST DRINK ALL OF THE PREP!**






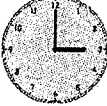

THINGS TO BRING WITH YOU!

A RESPONSIBLE DRIVER
YOUR INSURANCE CARDS
A PHOTO ID
SIGNED PAPERWORK FOR FACILITY

Martin Shill, MD

Colonoscopy Prep Instructions - Mira lax Split Dose Prep

PLEASE READ ALL INSTRUCTIONS CAREFULLY WHEN PROCEDURE IS SCHEDULED

5-7 DAYS PRIOR	3 DAYS PRIOR	ONE DAY PRIOR	THE DAY OF PROCEDURE
<p>At PHARMACY - No prescription needed PURCHASE the following:</p> <div style="display: flex; justify-content: space-around; align-items: center;">     </div> <p><u>Bisacodyl (Dulcolax laxative).</u> 4 tablets - NOT suppositories</p> <p><u>Simethicone (Gas-X)</u> 4 tablets</p> <p><u>Miralax (Glycolax)</u> 8.3 oz. (238 gm bottle)</p> <p><u>64 oz. of Gatorade</u>, or any non-carbonated clear liquid. (Iced Tea, Crystal Light) Select green, yellow, or clear flavors- no purple or red.</p> <div style="display: flex; justify-content: center; gap: 10px;"> <div style="width: 15px; height: 15px; background-color: black; border-radius: 50%;"></div> <div style="width: 15px; height: 15px; background-color: black; border-radius: 50%;"></div> <div style="width: 15px; height: 15px; background-color: black; border-radius: 50%;"></div> </div> <p>If you take medication to thin your blood, such as Coumadin (warfarin), Plavix (clopidogrel), Xarelto (rivaroxaban) or Pradaxa (dabigatran), Eliquis (apixaban), Aggrenox (aspirin/dipyridamole), etc., ask the doctor that prescribed it for instructions prior to stopping the medication. Aspirin may be continued.</p> <p>STOP all fiber supplements or medications containing iron 7 days before your appointment. This includes multi-vitamins with iron, Metamucil, Citrucel and Fibercon.</p> <p>Arrange for a driver on the day of your procedure.</p>	<p>STOP consuming all high fiber foods/roughage.</p> <ul style="list-style-type: none"> NO raw vegetables NO corn (raw or cooked) NO whole wheat or high fiber breads NO nuts or popcorn NO bran or bulking agents <p>Confirm that you have a driver for the day of the procedure.</p> <p>A taxi/Bus/Uber/Lyft are NOT allowed unless you are accompanied by a family member or friend.</p> <p>Review paperwork and sign</p>	<p>NO SOLID FOOD NO ALCOHOL Clear liquids ALL DAY</p> <p>AVOID anything red or purple in color. NO milk products or non-dairy creamer. SEE ATTACHED LIST OF CLEAR LIQUIDS</p> <p>DIABETICS: Do NOT take oral medication DIABETA, GLUCOPHAGE, METFORMIN or JANUVIA Take ½ of your regular insulin dose</p> <hr/> <div style="text-align: center;">  </div> <p>12 NOON: Take 2 Dulcolax tablets. Do not crush or chew. Take 1 (one) Gas-X tablet. Mix the 238 gm bottle of Miralax in 64 oz. of Gatorade or chosen clear liquid. Shake the solution until Mira lax is dissolved and refrigerate.</p> <div style="text-align: center;">  </div> <p>3:00 PM: Take 2 Dulcolax tablets. Do no crush or chew.</p> <div style="text-align: center;">  </div> <p>Between 4:00 and 7:00 PM: Begin drinking the solution at a rate of 8 oz. every 30 minutes. Drink a total of 6 (six) glasses during this time. This should leave 2 glasses for tomorrow. Take 1 (one) Gas-X tablet. Continue with clear liquids until bedtime.</p>	<p>NO SOLID FOOD NO ALCOHOL</p> <p>DIABETICS: Do NOT take oral medication DIABETA, GLUCOPHAGE. METFORMIN or JANUVIA</p> <p>- If you are Insulin dependent, do not take your morning dose of insulin. - You must check your blood sugar before leaving home. If your level is above 300, please take your Regular insulin according to your sliding scale. - Please bring your insulin with you to procedure center.</p> <p>All patients may take morning medications with sips of water.</p> <p>At __ __ : 4 hours prior to your procedure:</p> <p>Take 2 Gas-X tablets.</p> <p>Drink remaining 2 (two) glasses of Miralax solution. (8 oz. every 20 minutes).</p> <p>You may continue to drink water until: 3 HOURS PRIOR to procedure.</p> <p>Drinking liquids within these 3 hours will cause us to cancel or postpone your procedure. **Also no gum, hard candy, mints and tobacco products in these 3 hours.</p> <p>If you are unsure of your colon cleansing, please call our office at 330-869-0954 for assistance.</p>

A Colonoscopy has been recommended to you. This examination involves guiding a tubular, flexible instrument through the rectum and into the entire colon. The preparation for the procedure is **IMPORTANT**. It does cause diarrhea and possibly abdominal cramping.

CLEAR LIQUIDS - No RED or PURPLE

Must be something you can see through...



- Gatorade or PowerAde
- Clear broth or bouillon - chicken or beef
- Coffee or Tea (*no milk or non-dairy creamer*)
- Carbonated and Non-Carbonated Soft Drinks
- Kool-Aid or Crystal Light
- Strained Fruit Juices (*no pulp*)
- Jell-O, Popsicles, or Italian Ice

DON'T FORGET - these foods are NOT ALLOWED!



- Milk or milkshakes
- Cream or non-dairy creamer
- Orange, Grapefruit or Tomato Juice
- Creamed Soups or any soup other than broth
- Oatmeal
- Cream of Wheat

Colon Cleansing Tips

- :, You may use over the counter hydrocortisone creams, tucks pads or baby wipes as necessary for skin irritation. Be sure to get alcohol free!
- :, Chill the solution in refrigerator or by placing in a bowl of ice. **DO NOT** add ice to the solution.
- :, Stay near the toilet! You will have diarrhea, which can be quite sudden ...this is normal!
- :, If you experience nausea or vomiting, rinse your mouth with water and take a break ☺ Wait 45 minutes and then resume drinking the prep. If necessary, slow down, let your stomach settle between glasses.
- :, It is common to experience abdominal discomfort until the stool has flushed from your colon.
- :, Some find it easier to drink through a straw.
- :, Eventually your stools will be liquid, and clear enough to see the bottom of the toilet.
- :, If you feel for any reason your prep is not working, please be sure to call us so we can assist you in completing the prep process.
- :) **EVEN AFTER STOOLS BECOME CLEAR YELLOW LIQUID -YOU MUST DRINK ALL OF THE PREP!**




THINGS TO BRING WITH YOU!

A RESPONSIBLE DRIVER
YOUR INSURANCE CARDS
A PHOTO ID
SIGNED PAPERWORK FOR FACILITY

Martin Shill, MD

Colonoscopy Prep Instructions - Golytely, Nulytely or Colyte Split Dose Prep

PLEASE READ ALL INSTRUCTIONS CAREFULLY WHEN PROCEDURE IS SCHEDULED

5-7 DAYS PRIOR	3 DAYS PRIOR	ONE DAY PRIOR	THE DAY OF PROCEDURE
<p>At PHARMACY - Prescription needed to purchase the following:</p> <p>One bottle of liquid preparation: Golytely, Nulytely, or Colyte.</p> <div style="text-align: center;">  </div> <div style="text-align: center; margin-top: 20px;">  </div> <p>If you take medication to thin your blood, such as Coumadin (warfarin), Plavix (clopidogrel), Xarelto (rivaroxaban) or Pradaxa (dabigatran), Eliquis (apixaban), Aggrenox (aspirin/dipyridamole), etc., ask the doctor that prescribed it for instructions prior to stopping the medication. Aspirin may be continued.</p> <p>STOP all fiber supplements or medications containing iron 7 days before your appointment. This includes multi-vitamins with iron, Metamucil, Citrucel and Fibercon.</p> <p>Arrange for a driver on the day of your procedure.</p>	<p>STOP consuming all high fiber foods/roughage.</p> <ul style="list-style-type: none"> • NO raw vegetables • NO corn (raw or cooked) • NO whole wheat or high fiber breads • NO nuts or popcorn • NO bran or bulking agents <p>Confirm that you have a driver for the day of the procedure. A taxi or bus is NOT allowed unless you are accompanied by a family member or friend.</p> <p>Review paperwork and sign</p>	<p>NO SOLID FOOD NO ALCOHOL Clear liquids ALL DAY AVOID anything red or purple in color. NO milk products or non-dairy creamer. SEE ATTACHED LIST OF CLEAR LIQUIDS</p> <p>DIABETICS: Do NOT take oral medication DIABETA, GLUCOPHAGE, METFORMIN or JANUVIA Take ½ of your regular insulin dose</p> <div style="text-align: center; margin: 20px 0;">  </div> <p>Between 4:00 and 6:00 PM: Mix Golytely as directed on container. **you may want to mix this earlier in the day and refrigerate.</p> <p>Set aside 16 oz. for tomorrow!</p> <p>Begin drinking an 8 oz. glass every 20-30 minutes until the solution is gone. (Be sure to leave 16 oz. for next day).</p> <p>Individual responses may vary; this often works within 30 minutes but may take several hours.</p> <p>Continue with clear liquids until bedtime.</p>	<p>NO SOLID FOOD NO ALCOHOL</p> <p>DIABETICS: Do NOT take oral medication DIABETA, GLUCOPHAGE, METFORMIN or JANUVIA</p> <ul style="list-style-type: none"> - If you are Insulin dependent, do not take your morning dose of insulin. - You must check your blood sugar before leaving home. If your level is above 300, please take your Regular insulin according to your sliding scale. - Please bring your insulin with you to procedure center. <p>All patients may take morning medications with sips of water.</p> <p>At __ __ : 4 hours prior to your procedure:</p> <p>Drink remaining 2 (two) glasses of Golytely solution. (8 oz. every 20 minutes).</p> <p>You may continue to drink water until: 3 HOURS PRIOR to procedure.</p> <p>Drinking liquids within these 3 hours will cause us to cancel or postpone your procedure. **Also no gum, hard candy, mints and tobacco products in these 3 hours.</p> <p>If you are unsure of your colon cleansing, please call our office at 330-869-0954.</p>

A Colonoscopy has been recommended to you. This examination involves guiding a tubular, flexible instrument through the rectum and into the entire colon. The preparation for the procedure is **IMPORTANT**. It does cause diarrhea and possibly abdominal cramping.

CLEAR LIQUIDS - No RED or PURPLE

Must be something you can see through ...



- Gatorade or PowerAde
- Clear broth or bouillon - chicken or beef
- Coffee or Tea (*no milk or non-dairy creamer*)
- Carbonated and Non-Carbonated Soft Drinks
- Kool-Aid or Crystal Light
- Strained Fruit Juices (*no pulp*)
- Jell-O, Popsicles, or Italian Ice

DON'T FORGET - these foods are **NOT ALLOWED!**



- Milk or milkshakes
- Cream or non-dairy creamer
- Orange, Grapefruit or Tomato Juice
- Creamed Soups or any soup other than broth
- Oatmeal
- Cream of Wheat

Colon Cleansing Tips

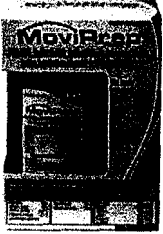
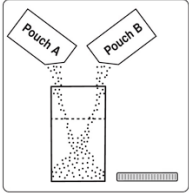
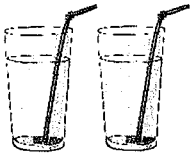
- You may use over the counter hydrocortisone creams, tucks pads or baby wipes as necessary for skin irritation. Be sure to get alcohol free!
- Chill the solution in refrigerator or by placing in a bowl of ice. **DO NOT** add ice to the solution.
- Stay near the toilet! You will have diarrhea, which can be quite sudden ...this is normal!
- If you experience nausea or vomiting, rinse your mouth with water and take a break© Wait 45 minutes and then resume drinking the prep. If necessary, slow down, let your stomach settle between glasses.
- It is common to experience abdominal discomfort until the stool has flushed from your colon.
- Some find it easier to drink through a straw.
- Eventually your stools will be liquid, and clear enough to see the bottom of the toilet.
- If you feel for any reason your prep is not working, please be sure to call us so we can assist you in completing the prep process.
- **EVEN AFTER STOOLS BECOME CLEAR YELLOW LIQUID-YOU MUST DRINK ALL OF THE PREP!**

THINGS TO BRING WITH YOU!

A RESPONSIBLE DRIVER
YOUR INSURANCE CARDS
A PHOTO ID
SIGNED PAPERWORK FOR FACILITY

Martin Shill, MD

Colonoscopy Prep Instructions - MOVIPREP - Split Dose Prep
PLEASE READ ALL INSTRUCTIONS CAREFULLY WHEN PROCEDURE IS SCHEDULED

5-7 DAYS PRIOR	3 DAYS PRIOR	ONE DAY PRIOR	THE DAY OF PROCEDURE
<p>Take your PRESCRIPTION to the pharmacy and purchase:</p>  <p>Read over approved clear liquid list in advance to allow yourself time to stock up on these items for your preparation days.</p> <p>● ● ● ●</p> <p>If you take medication to thin your blood, such as Coumadin (warfarin), Plavix (clopidogrel), Xarelto (rivaroxaban) or Pradaxa (dabigatran), Eliquis (apixaban), Aggrenox (aspirin/dipyridamole), etc., ask the doctor that prescribed it for instructions prior to stopping the medication. Aspirin may be continued.</p> <p>STOP all fiber supplements or medications containing iron 7 days before your appointment. This includes multi-vitamins with iron, Metamucil, Citrucel and Fibercon.</p> <p>Arrange for a driver on the day of your procedure.</p>	<p>STOP consuming all high fiber foods/roughage.</p> <ul style="list-style-type: none"> • NO raw vegetables • NO corn (raw or cooked) • NO whole wheat or high fiber breads • NO nuts or popcorn • NO bran or bulking agents <p>Confirm that you have a driver for the day of the procedure. A taxi or bus is NOT allowed unless you are accompanied by a family member or friend.</p> <p>Review and complete paperwork</p>	<p>NO SOLID FOOD NO ALCOHOL Clear liquids ALL DAY AVOID anything red or purple in color. NO milk products or non-dairy creamer. SEE ATTACHED LIST OF CLEAR LIQUIDS</p> <p>DIABETICS: Do NOT take oral medication DIABETA, GLUCOPHAGE, METFORMIN or JANUVIA Take ½ of your regular insulin dose</p> <hr/> <p>AT 5:00 PM</p> <p>-Mix one (1) Pouch A and one (1) Pouch B into the disposable container. Add lukewarm water to the top line on container. Mix to dissolve.</p>  <p>-The Moviprep container is divided by 4 marks on the bottle. Every 15 minutes, drink the solution down to the next line until the solution is gone. -Follow with 16 oz. of clear liquid of your choice.</p>  <p>Continue on clear liquids until bedtime. ***IF PREFERRED - PREPARE AND REFRGERATE! Must use within 24 of mixing.</p>	<p>NO SOLID FOOD NO ALCOHOL</p> <p>DIABETICS: Do NOT take oral medication DIABETA, GLUCOPHAGE. METFORMIN or JANUVIA</p> <p>- If you are Insulin dependent, do not take your morning dose of insulin.</p> <p>- You must check your blood sugar before leaving home. If your level is above 300, please take your Regular insulin according to your sliding scale.</p> <p>- Please bring your insulin with you to procedure center. -All patients may take morning medications with sips of water. At __ __ : 4 hours prior to your procedure:</p> <p>REPEAT PREVIOUS DAY'S PREP! Mix one (1) Pouch A and one (1) Pouch B into the disposable container. Add lukewarm water to the top line on container. Mix to dissolve. -The Moviprep container is divided by 4 marks on the bottle. Every 15 minutes, drink the solution down to the next line until the solution is gone. -Follow with 16 oz. of clear liquid of your choice. You may continue to drink water until: 3 HOURS PRIOR to procedure.</p> <p>Drinking liquids within these 3 hours will cause us to cancel or postpone your procedure.</p>

A Colonoscopy has been recommended to you. This examination involves guiding a tubular, flexible instrument through the rectum and into the entire colon. The preparation for the procedure is IMPORTANT. It does cause diarrhea and possibly abdominal cramping.

CLEAR LIQUIDS - No RED or PURPLE

Must be something you can see through ...



- Gatorade or PowerAde
- Clear broth or bouillon - chicken or beef
- Coffee or Tea (*no milk or non-dairy creamer*)
- Carbonated and Non-Carbonated Soft Drinks
- Kool-Aid or Crystal Light
- Strained Fruit Juices (*no pulp*)
- Jell-O, Popsicles, or Italian Ice

DON'T FORGET - these foods are **NOT ALLOWED!**



- Milk or milkshakes
- Cream or non-dairy creamer
- Orange, Grapefruit or Tomato Juice
- Creamed Soups or any soup other than broth
- Oatmeal
- Cream of Wheat

Colon Cleansing Tips

- You may use over the counter hydrocortisone creams, tucks pads or baby wipes as necessary for skin irritation. Be sure to get alcohol free!
- Chill the solution in refrigerator or by placing in a bowl of ice. DO NOT add ice to the solution.
- Stay near the toilet! You will have diarrhea, which can be quite sudden ...this is normal!
- If you experience nausea or vomiting, rinse your mouth with water and take a break. Wait 45 minutes and then resume drinking the prep. If necessary, slow down, let your stomach settle between glasses.
- It is common to experience abdominal discomfort until the stool has flushed from your colon.
- Some find it easier to drink through a straw.
- Eventually your stools will be liquid, and clear enough to see the bottom of the toilet.
- If you feel for any reason your prep is not working, please be sure to call us so we can assist you in completing the prep process.
- **EVEN AFTER STOOLS BECOME CLEAR YELLOW LIQUID-YOU MUST DRINK ALL OF THE PREP!**

THINGS TO BRING WITH YOU!

A RESPONSIBLE DRIVER
YOUR INSURANCE CARDS
A PHOTO ID
SIGNED PAPERWORK FOR FACILITY