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Dr. Hamann's Colonoscopy Prep Instructions

Please call with any questions.

What you will need

You will need to get the following from your pharmacy/store:

- One (1), 8.3 oz bottle of Mira-Lax (purchased over the counter).
- Four (4), Bisacodyl tablets (purchased over the counter).
- 64 ounces of Gatorade (no blue).
- Baby wipes.

Important

- You must stop all aspirin products and/or blood thinners 5 to 7 days prior to your procedure unless advised otherwise by your provider. Tylenol is ok.
- Do not eat seeds of any kind 4 days prior to prep day.
- Do not use suppositories, mineral oil, cod liver oil, or wheat germ.

The day before the procedure

- Clear liquids only. **NO FOOD, CITRUS, CREAMER, MILK, or JELLO**
- Start drinking clear fluids when you wake up. The more liquids you drink the better.
- You may only have these items: water, apple juice, cranberry juice, grape juice, tea, coffee, any cola's, bouillon, popsicles, and sport drinks (except blue Gatorade).
- **At noon:** take the 4 Bisacodyl tablets with plenty of fluids.
- **At 3:00 pm:** Mix the 8.3 oz. bottle of Mira-Lax with 64 ounces bottle of Gatorade. You will need to drink 8 to 12 ounces every 30 minutes until it is gone.
- We suggest using baby wipes as toilet paper may cause irritation due to the frequency of going to the bathroom.

The day of the procedure

- Nothing to eat or drink after midnight.
- Please arrange to have someone drive you home from the procedure.
- Please make sure you arrive at your scheduled time. The Surgery Center will call you two days ahead of time and let you know what time to arrive.

Your procedure will take place at

Three Rivers Medical Center
500 SW Ramsey Ave
Grants Pass, Oregon 97527
(541) 472-7000

Grants Pass Surgery Center
1601 NW Hawthorne Ave
Grants Pass, Oregon 97526
(541) 472-4880

Your procedure will be done by Barry Hamann, M.D.

Your appointment date is _____



Grants Pass SURGERY CENTER

Thank you for choosing us as the best facility for your procedure.

We ask if you could pre-register online if you are able. You can do this by going to our website:

www.gpsurgerycenter.com.

*Alternatively, if you are not able to register online, please ask for the **paper pre-registration packet** and return to our facility before your procedure.*

Please follow these instructions to pre-register online:

1. At the top right corner of our home page, please click on the **PRE-REGISTER** button. Alternatively, you could click on the pre-register quick link towards the bottom left side of our home screen.
2. Please scroll to the bottom of the pre-register page and click on the One Medical Passport link.
Clicking on this will take you to the One Medical Passport website.
3. Please click on the green button **Register**. This will take you to the account registration page.
4. You will be prompted to create a username and password. Please take note of this as you will need it moving forward.
5. Please complete the **Create your one Medical Passport Account Page** and click the green **Save & Continue** button at the bottom of the page.
6. Please complete the rest of the questionnaire.

If you have any questions during this process, please call us at 541-472-4880. We look forward to seeing you on the day of your procedure. Please bring your photo ID and insurance card on that day,

Thanks again,

Grants Pass Surgery Center Team