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Dr. Pilcher's Colonoscopy Prep Instructions

Please call with any questions.

Important

- You must stop all aspirin products, ibuprofen, Aleve, and blood thinners 5 to 7 days prior to your colonoscopy.
- Tylenol is okay.
- No seeds of any kind five (5) days prior to your colonoscopy.
- We recommend using baby wipes due to frequent bowel movements as toilet paper may cause irritation.

The day before the procedure

- You may have clear liquids **ONLY**. No food all day.
- Do not drink milk.
- Do not drink anything colored red or purple.
- Do not drink alcoholic beverages.
- **Any of the following clear liquids are okay:**
 - Water
 - Strained fruit juices (without pulp) including apple, orange, white grape, or white cranberry
 - Limeade or lemonade
 - Coffee or tea (Do not use any dairy or non-dairy creamer)
 - Chicken broth
 - Gelatin desserts (Jell-O) without added fruit or topping (no red or purple)

Beginning at 6:00 p.m. on the evening before your colonoscopy

- Pour **ONE (1)**, 6-ounce bottle of SUPREP liquid in the mixing container.
- Add cool water to the 16-ounce line on the container and mix.
- Drink **ALL** the liquid in the container.
- You **MUST** drink two (2) more 16-ounce containers of water over the next hour.

Beginning five (5) hours before your colonoscopy time

- Pour the second 6-ounce bottle of SUPREP liquid in the mixing container.
- Add cool water to the 16-ounce line on the container and mix.
- Drink **ALL** the liquid in the container.
- You **MUST** drink two (2) more 16-ounce containers of water over the next hour.

On the day of your colonoscopy

- No food, drink, or medications until after your procedure.
- Please arrange to have someone drive you home after your colonoscopy.
- Please make sure you arrive at your scheduled time. The surgery center will confirm your time.

Your procedure will take place at:

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

Your procedure will be done by **Jason C. Pilcher, 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