



## How to Prepare for your Screening Colonoscopy

### 5-7 days prior to your procedure:

- Avoid all anti-inflammatories, such as aspirin, aspirin containing products ( i.e., ibuprofen, advil, and motrin), Naproxen ( Naprosyn & Aleve), herbal supplements, fish oil, glucosamine and vitamin E.
- Additionally please avoid any foods containing nuts, seeds, popcorn, grains, flax seeds and raw vegetables.

### On the day prior to your procedure:

- NO SOLID FOODS. A clear liquid diet is necessary for a colonoscopy, so you must be on a clear liquid diet all day. (See list, at right)
- Please continue taking all of your routine medication as normal, with the exception of the medications listed in this brochure.
- If you are DIABETIC, please discuss medications with your doctor.
- You will need to be home by 4:00pm the night before your procedure to begin prep.

### On the day of your procedure:

- Stop all liquids (nothing by mouth) 4 HOURS prior to procedure
- If you take daily medication (including blood pressure, seizure & heart medications), take it with small sips of water only, AT LEAST 4 hours before your procedure
- You may brush your teeth, but do not swallow
- Do NOT eat candy / mints, chew gum or chew tobacco
- Do NOT smoke cigarettes, marijuana, cigars, pipes, e-cigarettes, or vape

NOTE: If you take any blood-thinning medications such as Coumadin, Eliquis, Plavix, Pradaxa, Warfarin, Xarelto; have an artificial heart valve; an allergy to Latex; take Phentermine; or have had issue with this particular prep in the past — please call your physician's office for further instructions.



## SUPREP® BOWEL PREP KIT

### At 6:00pm the night before your procedure:

Step #1: Pour (1) 6-oz. bottle of SUPREP liquid in to the mixing container

Step #2: Add cool drinking water to the 16-oz. line on the container & mix

Step #3: Drink all of the liquid in the container

Step #4: IMPORTANT: You MUST drink two (2) more 16-ounce containers of water over the next two hours.

Step #5: Continue clear liquids.

### At \_\_\_\_\_ am, the morning of your procedure:

Repeat steps 1-4 as above.

Finish by \_\_\_\_\_ am

DO NOT eat or drink anything after the finish time of the second dose.



## VIGOROUS PREP WITH MIRALAX

You will need to get the following items over the counter:

- Gatorade (64 ounce), any color except red or purple
- Miralax powder, 238 gram bottle
- Dulcolax tablets or the generic, Bisacodyl (you will need 6 tablets)

### 2 days before your procedure:

At dinner, start a clear liquid diet.

**6:00 PM:** Take 3 Dulcolax or Bisacodyl (generic) tablets

### 1 day before your procedure:

Continue with clear liquids ONLY.

**1:00 PM:** Take 3 Dulcolax tablets followed by 3-4 glasses of water.

Mix the entire 238 gram bottle of Miralax in the 64 oz of Gatorade until dissolved and put in refrigerator.

**6:00 PM:** Drink an 8oz. glass of the Miralax/Gatorade mix every 10-15 minutes until HALF the solution is gone.

### The day of your procedure:

\_\_\_\_\_ AM Drink the remainder of the Miralax/Gatorade solution. Finish by \_\_\_\_\_ AM.

Don't eat or drink anything after the finish time of the second half.

## CLEAR LIQUID DIET

Amounts are not restricted, but only the following foods are allowed:

- Water (plain, carbonated or flavored)
- Apple, white grape, lemon or lime juice
- Fruit-flavored beverages, such as lemonade
- Koolaid, crystal lite (no red, blue purple, or orange)
- Carbonated drinks, including dark sodas (cola and root beer)
- Jell-O (no red, purple, blue, or orange)
- Tea or coffee without milk or cream
- Sports drinks, such as Gatorade (no red, purple, blue, or orange)
- Clear, fat-free broth (bouillon)
- Honey or sugar
- Hard candy, such as lemon drops or peppermint rounds
- Ice pops without milk, bits of fruit, seeds or nuts (no red, purple, blue, or orange)

### Do Not:

- Drink milk or dairy products
- Eat or drink anything colored red
- Drink alcoholic beverages
- Have soups with meat, noodles or vegetables
- Drink anything with pulp such as orange juice

*Colonoscopy is a safe and effective procedure. Although rare, the more common risks of colonoscopy include, but are not limited to, bleeding, intestinal perforation, missing a polyp or other abnormality, incomplete colonoscopy, and anesthesia complications. Your doctor can discuss these risks in more detail on the day of your procedure.*

**Bring your ID and a copy of your current insurance card.**

**During your procedure, you will be sedated so you will not be allowed to drive, walk, or use public transportation to get home. Please make sure that you have a friend or family member with you who can stay at the facility throughout your procedure and who can drive you home.**



### About

We focus on offering a high-quality, service-oriented environment for your surgical procedure. Additionally, our facility is accredited by Accreditation Association for Ambulatory Health Care.

### Mission

Our mission is to care for every patient and their family as if they were our own. Each patient, each family, each and every time.

**Address** 1155 SE Monterey Road Ext.  
Stuart, Florida 34994

**Phone** 772-286-8028

**Fax** 772-283-6628

**Website** [treasurecoastcenterforsurgery.com](http://treasurecoastcenterforsurgery.com)



*Treasure Coast Center for Surgery complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.*

*Treasure Coast Center for Surgery is a facility in which physicians have an ownership or investment interest. The list of physician owners or investors is available to you upon request.*

## EARLY SCREENING SAVES LIVES



Direct Screen  
Colonoscopy Program® at  
Treasure Coast Center for Surgery

Colorectal cancer is the **#2 cancer killer** in the US. The good news?

**It's highly preventable and has a high cure rate if caught early in a screening colonoscopy.**

A colonoscopy is a simple diagnostic test that allows your doctor to examine the entire colon for any abnormalities. You will be comfortably sedated during the procedure which typically takes about 30 minutes. Most patients report a positive experience and are able to return to regular activities and diet the next day.

We have streamlined this potentially life-saving procedure with the **Direct Screen Colonoscopy Program®** at **Treasure Coast Center for Surgery**.

The Direct Screen Colonoscopy Program® makes completing your screening colonoscopy easier by allowing healthy, age-appropriate patients to bypass the pre-procedure visit with a specialist and schedule directly with the surgery center. A representative will call you from the Treasure Coast Center for Surgery to schedule your procedure, take your medical history, instruct you on how to prepare, help determine which of the following bowel prep options will be best for you, order your prescription if necessary, and answer any questions you may have. You will then go directly to the surgery center on the scheduled day where your colonoscopy will be performed by one of our Board Certified specialists.

### Direct Screen Colonoscopy Program® Physician



**DR. GARY  
GUZZARDO**

**Medical school:** Stonybrook Medical Center  
Exchange Program Kraków Poland

**Residency:** Downstate University Hospital  
New York

**G.I. fellowship:** Stonybrook Medical Center  
Rochester, NY

Dr. Guzzardo has been in practice locally since 1990, he specializes in screenings, colon cancer, and acid reflux.

THE SAFE, HASSLE-FREE WAY TO COMPLETE YOUR COLONOSCOPY