

Medical Associates of Middletown, Inc.

Dr. Richard F. Gaeke, MD, FACP
42 N. Breiel Blvd.
Middletown, Ohio 45042
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GENERAL INSTRUCTIONS FOR COLONOSCOPY PREP

Your exam is scheduled for:

Atrium Medical Center
One Medical Center Drive
Middletown, Ohio

G.I. Endoscopy Center
257 N. Breiel Blvd.
Middletown, Ohio
(across from the cell tower)

The Day Before Exam

Drink only clear liquids for breakfast, lunch and supper. Solid foods, milk or milk products are NOT allowed. Avoid red or purple liquids. Clear liquids include:

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|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none">• Diet or regular soft drinks• Strained fruit juices without pulp• Clear broth or bouillon• Gatorade | <ul style="list-style-type: none">• Kool-Aid• Jello• Popsicles• Coffee or tea (no milk or creamer) |
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Take your medications as usual — EXCEPT— no insulin or oral diabetic meds.
Take blood thinners (coumadin, lovenox or aspirin) as usual unless instructed otherwise.
Begin prep solution as instructed. Individual responses vary—it often works within 30 minutes, but may take as long as 3 hours. Stay near a bathroom.

The Day of Exam

Nothing to eat or drink for 4 hours before colonoscopy time.
Take your medications as usual — EXCEPT— no insulin or oral diabetic meds.
Arrive 60 minutes before your scheduled time.
You will need a driver to take you home after the exam—please make arrangements to have a driver remain at the facility during your procedure. You will not be allowed to drive the rest of the day.
You will not be allowed to return to work until the next day. Let us know if you need a written excuse.

REMEMBER: Starting times may vary. Bring a book. Be patient. *We give everyone the best exam possible—we won't hurry through your exam just to be on time for the next one!*