

Main Office:

Scottsdale Vein & Proctology Center
8752 E Via De Commercio #2
Scottsdale, Arizona 85258
Office: (602) 492-9919 | Mobile: (602) 920-1023

RICK A SHACKET
DO, MD(H)



Name: _____ DOB: _____ Date: _____

DISPENSE THE FOLLOWING TWO PRESCRIPTIONS

Suprep Bowel Prep Kit for Colonoscopy
Dispense 1
Take as directed.

Rick A. Shacket, DO, MD (H)
Diplomate American Osteopathic Board of Proctology

LOCATIONS

Scottsdale Vein & Proctology Center 8752 E Via De Commercio, Suite 2, Scottsdale, Arizona 85258
Dr. Rick Shacket PLLC 3543 N. 7th Street, Phoenix AZ 85014, 602.492.9919
Rick Shacket, DO, MD(H) 610 N Gilbert Rd, Suite 309, Gilbert, AZ 85234-4627, 602.492.9919



SUPREP Instructions

To ensure a successful exam, please follow all instructions carefully.

You **MUST** arrange a ride for the day of your exam. If you fail to arrange acceptable transportation, your procedure will need to be rescheduled. If you have diabetes, ask your physician for diet and medication instructions. If you are or may be pregnant, please discuss the risks and benefits of this procedure with your doctor. Please bring a list of all of your current medications, including any over-the-counter medications with you. ***If you must cancel or reschedule your appointment, please call your doctor's office as soon as possible.***

BEFORE YOUR EXAM:

Fill prescription for SUPREP at your local pharmacy.

7 DAYS BEFORE YOUR COLONOSCOPY:

If you take aspirin or NSAIDS such as Advil, Motrin, Celebrex or Ibuprofen, you may continue to take them as usual unless otherwise instructed by your physician. You should discuss this with your physician in advance of the procedure. Ask your doctor for specific instructions if you take a blood thinner like Plavix, Pradaxa, Clopidogrel, Coumadin, Warfarin, Effient, Prasugrel or Lovenox.

3 DAYS BEFORE YOUR COLONOSCOPY:

Stop eating all nuts, seeds and popcorn.

2 DAYS BEFORE YOUR COLONOSCOPY

Drink at least 8 glasses of water during the day and stop eating solid foods no later than midnight.

1 DAY BEFORE YOUR COLONOSCOPY:

Begin a clear liquid diet. Drink at least 8 glasses of water during the day to avoid dehydration.

At 6 pm, pour one (1) 6 oz. bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16 oz. line on the container and mix. Drink all the liquid in the container. You must drink two (2) more 16 oz. containers of water over the next one (1) hour.

Clear Liquid:

- Gatorade®, Pedialyte® or Powerade®
- Clear broth or bouillon
- Coffee or tea (no milk or non-dairy creamer)
- Carbonated and non-carbonated soft drinks
- Kool-Aid or other fruit-flavored drinks
- Strained fruit juices (no pulp)
- Jell-O, popsicles, hard candy

Not Clear Liquid:

- *No red or purple items of any kind*
- *No alcohol*
- *No milk or non-dairy creamers*
- *No noodles or vegetables in soup*
- *No juice with pulp*
- *No liquid you cannot see through*

DAY OF YOUR COLONOSCOPY:

At least four hours before the exam, repeat these steps. Pour one (1) 6 oz. bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16 oz. line on the container and mix. Drink all the liquid in the container. You must drink two (2) more 16 oz. containers of water over the next one (1) hour and be sure to finish the prep at least 3 hours before the exam. **3 hours before**, stop drinking all clear liquids. You may take all of your usual morning medications with 4 oz of water **up to 3 hours prior to your procedure**. Bring a list of all of your current medications, including any over-the-counter medications, with you.

You are ready for the exam if you followed all instructions and your stool is no longer formed, but clear or yellow liquid.

COLON CLEANSING TIPS

1. *Stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal.*
2. *Continue to drink the prep solution every 15 minutes as directed. Occasionally, this may involve drinking the solution while sitting on the toilet.*
3. *Rarely, people may experience nausea or vomiting with the prep. If this occurs, give yourself a 30-90 minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.*
4. *It is common to experience abdominal discomfort until the stool has flushed from your colon (this may take 2 to 4 hours, and occasionally significantly longer).*
5. *Anal skin irritation or a flare of hemorrhoidal inflammation may occur and can be treated with a variety of over the counter remedies including hydrocortisone creams, baby wipes or Tucks pads. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories.*

Main Office:

Rick A. Shacket
Office: 602.492.9919 Mobile: 602.920.1023

RICK A SHACKET
DO, MD(H)



Name: _____ DOB: _____ Date: _____

PLACE OF PROCEDURE



Abrazo Central Campus Hospital
2000 W. Bethany Home Rd
Phoenix, Arizona 85015
602.249.0212

Your colonoscopy or upper endoscopy (EGD) is scheduled on:

Date: _____ Time: _____ Arrival Time: _____

Your surgery is scheduled on:

Date: _____ Time: _____ Arrival Time: _____

If you do not have a scheduled time written above, and you do not get a call from us within five working days, please call Dr. Shacket's office to schedule your procedure.

Scheduling Number (602) 492-9919

Provider:
Rick A. Shacket BS9262611
3543 N. 7th Street, Phoenix AZ 85014
Office: 602.263.8484 Mobile: 602.920.1023

RICK A SHACKET
DO, MD(H)



Name: _____ DOB: _____ Date: _____

SURGERY PRESCRIPTION SLIP – PAGE 2

Provider Name: Dr. Rick Shacket

Scheduling Office Contact: Ashley

Benefits Verified: Date: _____ Contact: _____

Colonoscopy Case: _____ **EGD Case:** _____ **Surgery Case:** _____

Ins. Eff. Date: _____ **Auth Colon/EGD#** _____ **Auth Surgery#** _____

Medical Records Faxed to: _____ **Date:** _____

Deductible: \$ _____ **Met:** \$ _____ **Coinsurance:** \$ _____

Out of Pocket Max \$ _____

- Cash Patient:** needs a price quoted for facility + Sedation before scheduling. PLEASE, patient has limited means and needs to know the costs before deciding.
- Patient is covered by medical/health insurance.** Needs to know what his maximum out-of-pocket facility cost can be before deciding to schedule.

Notes: _____

Provider:

Rick A. Shacket BS9262611

3543 N. 7th Street, Phoenix AZ 85014

Office: 602.263.8484 Mobile: 602.920.1023

RICK A SHACKET

DO, MD(H)



Name: _____ DOB: _____ Date: _____

SURGERY PRESCRIPTION SLIP – PAGE 1

Colonoscopy

Diagnosis:

- Colon Cancer Screening > Age 45 African American & Age 50 All Others
- Gastrointestinal Bleeding (occult or obscure) Rectal Bleeding
- Abdominal Pain with: loss of weight or appetite, perianal disease, ↑ ESR, ↑ CRP
- Hx of Colon Cancer 1st Family Hx of Colon Cancer
- Hx Colon Polyps (adenoma) 1st Family Hx Colon Polyps (adenoma)
- Change in Bowel Habits – Constipation or Watery Diarrhea
- Surveillance of Crohn’s Disease Surveillance of Ulcerative Colitis

Scheduled Colonoscopy on: _____ @ _____ **Time:** 30 min 45 min

EGD Schedule Same Day as Colonoscopy

Diagnosis:

- Heartburn or GERD Despite Appropriate Drug Trial
- Heartburn or GERD with Anorexia or Weight Loss
- Gastrointestinal Bleeding (occult or obscure) Persistent Vomiting
- Upper Abdominal or Periumbilic Pain Persistent Nausea
- Hx of long-term anti-coagulation, or NSAID Therapy
- Anemia - Iron Deficiency or pernicious
- Surveillance of Barrett's Esophagus Surveillance of Adenomatous Gastric Polyps
- Familial Adenomatous Polyposis Syndromes Dysphagia Odynophagia

Scheduled EGD on: _____ @ _____ **Time:** 15 min 30

Surgery

- Diagnosis:** Abscess Condyloma Anal Condyloma Genital Enlarged Papillae
- Enlarged Tags Fissure Fistula Hemorrhoids Prolapse Stenosis Spasm
- Pilonidal Cyst Other:

Scheduled Surgical Repair of Above on: _____ @ _____

Time: 15 min 30 min 45 min 60 min

Standard Pre-operative Instructions & Rx Given to Patient: Yes No

Standard Post-operative Instructions & Rx Given to Patient: Yes No

Signature of Prescribing Physician: _____

AVOID THESE DRUGS BEFORE AND AFTER SURGERY

Drugs and Herbs that Cause Perioperative Bleeding

Drugs that cause perioperative bleeding are taken more frequently than is generally appreciated. In one study of patients who had surgery, as many as 50% had biochemical evidence of recent Non-Steroidal Anti Inflammatory Drug (NSAID) ingestion. If a patient admits to ingesting NSAIDs 4 to 7 days before surgery, the surgeon must consider rescheduling the surgery.

Alcoholic beverages, especially red wine, are best to be discontinued at least 4 to 5 days before surgery.

Avoid these drugs and herbs, preferably at least 7 to 10 days before and after surgery. Natural substances are listed in **bold** print.

PREVENTIVE DRUG LIST

Acetylsalicylic Acid	Clopidogrel bisulfate
Advil	Congesprin
Aggrenox	Cope
Aleve	Coricidin
Alka-Seltzer	Corticosteroids
Allicin	Coumadin
Amigesic	Coumadin
Anacin	Cox-1 Inhibitors
Anaprox	Darvon
Anaproxin	Depakote
Ansaid	Dexamethasone
APC	Diclofenac Dipyridamole
Argesic-SA	dipyridamole
Arthra-G	Disalcid
Arthrapan	Divalproex
ASA	Dolobid
ASA A.S.A.	Doan's Pills
Ascodeen	Dristan Easprin
Ascriptin	Ecotrin
Aspergum	Effient
Aspirin	Eliquis
Aspirin Choline	Empirin
Bayer	Emprazil
BC Powder	Endodan
Brilinta	Excedrin
Brufen	Feldene
Bufferin	Fenoprofen
Butazolidin	Feverfew
Cephalgesic	Froben
Cheracol Caps	Garlic - Supplements
Chrysanthemum	Gelpirin
Cilostazol	Genpril
Clinoril	Genprin

Ginko Biloba

Good y's Body-Pain

Halfprin

Haltran

Ibuprin

Ibuprophen

Idameth

Indocin

Indomethacin

Jantoven

Ketoprofen

Ketorolac

Lortab

Magan

Magnesium Salicylate

Meclofen

Meclofenamate

Medipren

Mefenamic

Menadol

Midol

Mobidin

Mono-Gesic

Motrin

N.S.A.I.D.s

Nabumetone

Nalfon

Naprosyn

Naproxen

Norgesic

Norwich

Nuprin

Ocufen

Orudis

Oruvail

Oxaprozin

Oxybuta zone

Oxyphenbuta zone

Pamprin

Pathenium

Peptobismol

Percodan

Persantine

Persantine

Phenaphen

Phenylbuta zone

Piroxicam

Plavix

Pletal

Ponstel

Prednisone

Quagesic

Relafen

Rexolate

Robaxisal

Roxiprin

Rufen

Saleto

Salflex

Salicylate

Salix

Salsalate

Salsitab

Savaysa

Sine-Aid

Sine-Off

Sodium Thiosalicylate

Soma Compound

Sulindac

Synalgos DC

Tanacetum

Ticlid

Ticlopidine HCl

Tolectin

Tolmetin

Toradol

Trandate

Trental

Trigesic

Trilisate

Tusal

Vanquish

Vicoprofen

Vitamin E

Voltaren

Warfarin

Willow Bark

Xarelto

Zactrin

Zontivity

Zorprin