

Main Office:

Rick A. Shacket  
Comprehensive Health Services  
3543 N. 7th Street, Phoenix AZ 85014  
Office: 602.492.9919 Mobile: 602.920.1023

RICK A SHACKET  
DO, MD(H)



Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Date: \_\_\_\_\_

### PLACE OF PROCEDURE



**Phoenix Baptist 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 Ashley at Comprehensive Health Services 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 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  1<sup>st</sup> Family Hx of Colon Cancer
- Hx Colon Polyps (adenoma)  1<sup>st</sup> 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:** \_\_\_\_\_

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**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:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## 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.

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

\* Alcohol, especially red wine should be discontinued at least 4 to 5 days before surgery.

Acetylsalicylic Acid	Cheracol Caps	Feldene	Mefenamic
Advil	Childrens' Aspirin	Fenoprofen	Menadol
<b>Alcoholic Beverages *</b>	Choline Salicylate	<b>Feverfew</b>	Midol
Aleve	<b>Chrysanthemum - Pathenium</b>	4-way cold - tablets	Mobidin
Alka-Seltzer	Clinoril	Froben	Mono-Gesic
<b>Allicin</b>	Congesprin	<b>Garlic - Supplements</b>	Motrin
Amigesic	Cope	Gelpirin	Nabumetone
Anacin	Coricidin	Genpril	Nalfon
Anaprox	Corticosteroids	Genprin	Naprosyn
Anaproxin	Coumadin	<b>Ginko Biloba</b>	Naproxen
Ansaid	Cox-1 Inhibitors	Goody's Body - Pain	Norgesic
APC	Darvon	Halfprin	Norwich
Argesic-SA	Depakote	Haltran	N.S.A.I.D.s
Arthra-G	De xamethasone	Ibuprin	Nuprin
Arthrapan	Diclofenac	Ibuprophen	Ocufen
ASA	Dipyridamole	Idameth	Orudis
A.S.A.	Disalcid	Indocin	Oruvail
Ascodeen	Divalproex	Indomethacin	Oxybuta zone
Ascriptin	Doan's Pills	Ketoprofen	Oxaprozin
Aspergum	Do lobid	Ketorolac	Pamprin
Aspirin	Dristan	Lortab ASA	Peptobismol
Baby Aspirin	Easprin	Magan	Percodan
Bayer	Ecotrin	Magnesium	Persantine
BC Powder	Empirin	Salicylate	Phenaphen
Brufen	Emprazil	Meclofenamate	Phenylbuta zone
Bufferin	Endodan	Meclofen	Piroxicam
Butazolidin	Excedrin	Medipren	Ponstel
Cephalgesic			Prednisone
			Quagesic

Relafen  
Rexolate  
Robaxisal  
Roxiprin  
Rufen  
Saleto  
**Salix**  
Salflex  
Salsalate

Salsitab  
Sine-Aid  
Sine-Off  
Sodium  
Thiosalicylate  
Soma Compound  
Sulindac  
Synalgos DC

**Tanacetum -  
Pathenium**  
Tolectin  
Tolmetin  
Toradol  
Trandate  
Trental  
Trigesic  
Trilisate

Tusal  
Vanquish  
Vicoprofen  
**Vitamin E**  
Voltaren  
Warfarin  
**Willow Bark**  
Zactrin  
Zorprin

## OFFICE INFORMATION

Procedure date:

Arrival time:

Location:

# Bowel Preparation for Colonoscopy with OsmoPrep

Colonoscopy is a routine, relatively safe, and pain-free procedure used to examine the colon. There are steps that you, the patient, must take before the procedure to ensure the highest level of safety and effectiveness.

- 1 Make arrangements to have someone drive you home after the procedure.**
  - Colonoscopy involves sedation, and you will not be allowed to leave unaccompanied.
- 2 Follow your physician's instructions regarding medicines to avoid and diet to follow before your procedure.**
- 3 Finish the entire bowel prep regimen as described on the following page.**

OsmoPrep is available at most retail pharmacy outlets. If your pharmacy does not have OsmoPrep in stock, it can be ordered and delivered within 24 hours.

 **OsmoPrep**<sup>™</sup>  
(sodium phosphate monobasic monohydrate, USP  
and sodium phosphate dibasic anhydrous, USP) **Tablets**  
**The Tablet Prep** 

Rx only

[www.TabletPrep.com](http://www.TabletPrep.com)

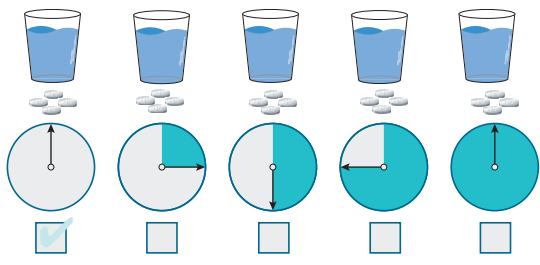
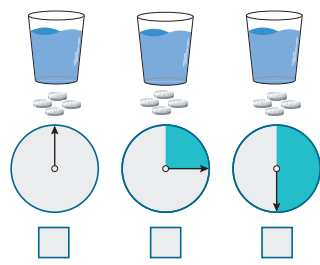
### SAFETY CONSIDERATIONS

OsmoPrep Tablets are indicated for cleansing of the colon as a preparation for colonoscopy in adults 18 years of age or older. Considerable caution should be advised before OsmoPrep Tablets are used in patients with severe renal insufficiency, congestive heart failure, ascites, unstable angina, gastric retention, ileus, acute obstruction or pseudo-obstruction of the bowel, severe chronic constipation, bowel perforation, acute colitis, toxic megacolon, gastric bypass or stapling surgery, or hypomotility syndrome. Use with caution in patients with impaired renal function, patients with a history of acute phosphate nephropathy, patients with a history of seizures or at higher risk of seizure, patients with higher risk of cardiac arrhythmias, known or suspected electrolyte disturbances (such as dehydration), or people taking drugs that affect electrolyte levels. Patients with electrolyte abnormalities such as hypernatremia, hyperphosphatemia, hypokalemia, or hypocalcemia should have their electrolytes corrected before treatment with OsmoPrep Tablets. OsmoPrep is contraindicated in patients with a known allergy or hypersensitivity to sodium phosphate salts or any of its ingredients. In clinical trials, the most commonly reported adverse reactions (reporting frequency >3%) were transient and self-limited abdominal bloating, nausea, abdominal pain, and vomiting. It is recommended that patients receiving OsmoPrep Tablets be advised to adequately hydrate before, during, and after the use of OsmoPrep.

Please see accompanying full Prescribing Information for OsmoPrep.

# OsmoPrep Dosing

OsmoPrep dosing for bowel preparation is a series of 2 regimens of tablets taken with a clear liquid of your choice.

<p>Beginning at _____</p> <p><b>First Regimen</b> One dose (4 tablets with 8 oz of any clear liquid) every 15 minutes for a total of 5 doses (20 tablets)</p>  <p>_____</p>	<p>Beginning at _____</p> <p><b>Second Regimen</b> One dose every 15 minutes for a total of 3 doses (12 tablets)</p>  <p>_____</p>
<div style="border: 1px solid #00a0c0; padding: 5px; margin: 10px auto; width: 80%;"> <p>Clear liquids include water, ginger ale, apple juice, Gatorade<sup>®</sup>*, lemonade, and broth. No red or purple liquids. Ask your doctor if you have any questions about whether a particular drink is acceptable.</p> </div> <p><b>You must complete the entire prep to ensure the most effective cleansing.</b></p>	

Your body loses significant amounts of fluid during bowel preparation. In order to prevent dehydration, it is important to supplement that fluid loss with clear liquids. **Make a conscious effort to drink as much as you can before, during, and after the preparation.**

Notes:

If you have any questions, please call our office at \_\_\_\_\_.



## **OsmoPrep Colonoscopy Preparation**

### **Purchase at the pharmacy:**

Fill the prescription for your bowel prep kit at any pharmacy contracted with your insurance company. Also purchase over-the-counter 5mg Bisacodyl laxative tablets.

### **One week prior to your procedure:**

Please inform the office if you have a prosthetic heart valve or require antibiotic coverage, and if you are/were unable to received pre-procedure antibiotics from your primary care physician. Do not take iron pills or medications that thin your blood (i.e., coumadin, aspirin, ibuprofen naproxen, etc.) one week prior to your exam.

### **Five days prior to your procedure:**

Please begin a restricted fiber diet which will result in less waste matter being discharged from the intestines, and smaller feces, thereby making the gastrointestinal tract easier to clean. Do not eat nuts, seeds, popcorn, corn, broccoli, cabbage, salads and onion. Discontinue high fiber foods, and fiber supplements like Metamucil and Konsyl.

### **The day before the procedure:**

Drink only clear liquids for breakfast, lunch, and dinner. Solid foods, milk or milk products are not allowed. As a general rule, if you can see your fingers through a glass of liquid, that liquid is OK to drink. Red-colored liquids are not OK to drink because they can look like blood during the examination of your colon.

Clear liquids include:

- Water
- Gatorade
- Ice Popsicle
- Clear broth or bouillon
- Kool-aid or other fruit flavored drinks
- Carbonated and noncarbonated soft drinks
- Plain Jell-O (without added fruits or toppings)
- Coffee or tea (without milk or non-dairy creamer)
- Stained fruit juices without pulp (apple, white grape, lemonade)



**Eight hours before bedtime:**

Take two 5mg Bisacodyl tablets. No prescription is necessary for these tablets. Wait for a bowel movement (or a maximum of six hours) and then begin your first regimen of OsmoPrep.

**Two to Three hours before the bedtime:**

Begin taking your "First Regimen" of OsmoPrep as instructed: One dose (4 tablets with 8 oz of any clear liquid) every 15 minutes for a total of 5 doses (20 tablets).

TIP: For most patients, rapidly drinking a glassful is better than sipping an ounce or two at a time. Clear liquids are gulped faster and easier if they are ice cold, have little or no calories, and if they are sipped through a straw. Consider yourself a connoisseur and try pre-chilling your glass before using.

Initially, you may feel slightly bloated, but will become more comfortable as you continue to have bowel movements. It will take approximately 1 hour 15 minutes to finish the solution. Diarrhea will continue for about 1 hour after you finish drinking the regimen.

You may resume clear liquids up until one hour before starting your second regimen of OsmoPrep.

**Four hours before your procedure:**

Begin taking your "Second Regimen" of OsmoPrep as instructed: One dose every 15 minutes for a total of 3 doses (12 tablets). No more liquids (or food) allowed until after your colonoscopy procedure.

**The day of the procedure:**

1. Do not eat anything after your second regimen of OsmoPrep until after your examination.
2. You must be accompanied by a friend or relative to drive and/or assist you home.

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Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Date: \_\_\_\_\_

### PRESCRIPTION

- 1) Osmoprep for Colonoscopy  
Dispense 32 tablets.  
Take as directed.
  
- 2) 5mg Bisacodyl laxative tablets  
Dispense 2-tablets  
Take as directed

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

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#### LOCATIONS

**Comprehensive Health Services** 3543 N. 7th Street, Phoenix AZ 85014, 602.263.8484  
**Phoenix Baptist Hospital** 2000 W. Bethany Home Rd, Phoenix, Arizona 85015, 602.249.0212  
**Laser Surgery Center** 10255 N. 32nd Street, Phoenix AZ 85028, 602.258.7003  
**EuroMed** 34975 N North Valley Pkwy, Phoenix AZ 85086, 602.404.0400