



COLONOSCOPY PREPARATION INSTRUCTIONS:

Your efforts at cleansing your colon are essential for an accurate procedure. These instructions are designed to maximize the ease, safety and success of your preparation. Medication and diet modification starts on week before the actual date of your colonoscopy. Please read these instructions carefully at least one week prior to your exam. Obtain SUPREP Bowel Prep Kit from your pharmacist (Note: this requires a prescription).

Medication and Diet Instructions:

SEVEN DAYS BEFORE THE PROCEDURE:

BLOOD THINNERS MUST BE STOPPED ONLY ON THE ADVICE OF YOUR PHYSICIAN. BABY ASPIRIN ONCE DAILY FOR CARDIOPROPHYLAXIS MAY BE CONTINUED

Stop taking iron pills, full dose or 325mg aspirin (and aspirin-containing products) and Plavix (clopidogel). Acetaminophen (Tylenol) can be continued or substituted as a pain-reliever for aspirin.

THREE DAYS BEFORE THE PROCEDURE:

Stop taking Coumadin (warfarin). If you have an artificial heart valve, you need to talk to your primary care physician or cardiologist about using an alternative anticoagulant.

Stop taking anti-inflammatory medicines such as Aleve, Motrin, Advil, Ibuprofen and Naproxyn.

Avoid eating nuts, seeds, Chia seeds, Flax seeds, Quinoa, corn, popcorn, grapes, green peas, beans and tomatoes. Fibers from these foods can clog the colonoscope.

ON THE DAY BEFORE THE PROCEDURE:

NO SOLID FOOD ON THE DAY BEFORE YOUR COLONOSCOPY. You can drink clear liquids up to 4 hours prior to the appointment. Avoid juices with pulp such as orange or grapefruit juice. No dairy products, cream or soy. **BLACK** Coffee and **BLACK** tea are O.K. Examples of clear liquids include broth or bouillon, Jell-O, clear juices (white grape or apple), sports drinks such as Gatorade or Powerade, sodas such as Sprite, 7-Up, or ginger ale, lemonade, Popsicles, coffee or tea and of course, water. **YOU MAY DRINK ENSURE CLEAR ALL DAY LONG.** Avoid red or purple colored liquids. You may use sugar, honey or lemon. It is important that you drink as much fluid as you can throughout the day. It is also worthwhile to get a supply of aloe wet wipes and Desitin ointment to ward off a sore bottom.

SUPREP BOWEL PREP KIT

The SUPREP Bowel Prep Kit contains two 6-ounce bottles of liquid bowel prep and one 16 ounce mixing container. You must complete the entire prep to ensure the most effective cleansing.

START YOUR PREP AT 5PM ON THE DAY BEFORE THE PROCEDURE

Step 1:

Pour ONE (1) 6-ounce bottle of SUPREP liquid into the 16 ounce mixing container.

Step 2:

Add cool drinking water to the 16-ounce line on the container and mix.

Step 3:

Drink ALL the liquid in the SUPREP mixing container.

Step 4:

You MUST drink two (2) more 16-ounce containers of clear liquid of your choice over the next 1 hour.

If your procedure is scheduled before 11am: complete the second dose of SUPREP at 8pm. If your procedure is after 11am: complete first dose of SUPREP at 5pm and the second dose of SUPREP at 5am.

DAY OF THE PROCEDURE:

Do not drink anything FOUR hours before the procedure.

You must be accompanied by a friend or relative to drive or assist you home. You will not be allowed to drive for 12 hours after the procedure. You cannot take Taxi or Uber or similar services to go home.

You should take your regular medications with sips of water unless you are instructed otherwise.

Special Instructions:

If you are a diabetic taking insulin, hold the morning dose of insulin the day of the procedure. If you are taking oral diabetic medications, take only one half of your usual dosage.

If you have an artificial heart valve, or have a previous history of endocarditis, or other specific indication, your doctor may prescribe pre-procedure antibiotics.

Be sure to remember any allergies to medications and to Latex, or conditions that would make you sensitive to sedation such as sleep apnea syndrome.

Commonly Asked Questions:

How do I know if my prep is adequate?

The stool should be watery in consistency. It does not have to be clear in color like water since digestive juices will continue to tint the stool yellow and small flecks of debris are not a problem as long as the stool is not muddy or thick. If there is any question, you can self-administer a fleet enema prior to leaving home for the procedure.

What side effects may I expect?

Since the prep works by flooding the intestinal tract with fluid, abdominal bloating and cramping may occur, as well as some nausea and vomiting. This is usually temporary, and as the diarrhea develops, symptoms will gradually improve. Weakness can also occur, especially if you have not taken enough fluid with the prep, and can be remedied by increasing fluid intake (especially with the sports drinks such as Gatorade or Powerade).

Will the prep interfere with my other medications?

Medications taken at least an hour before beginning the prep should be adequately absorbed, but thereafter, they are likely to be washed away by the prep.

What if I have other questions?

Call our office to address at (609) 917-9917 for any other concerns not answered here.