

Colonoscopy Bowel Preparation Instructions

Suprep

Your procedure is scheduled on ____ - ____ - ____ at _____ AM/PM

Procedure times are subject to change. Please expect a phone call from the hospital staff 24 hours prior to your scheduled procedure date with the final time of arrival.

Proper bowel cleansing is necessary for an effective colonoscopy. Stool (feces) that is not cleared out of the colon can cover up and obscure polyps, masses, and other abnormalities in the colon. This can result in the need to repeat your colonoscopy.

Please follow these instructions carefully!!!

THREE (3) DAYS BEFORE YOUR PROCEDURE:

- Start **AVOIDING** fibrous foods (e.g., corn, celery, carrots, beans, quinoa, raw vegetables, etc.)

THE DAY BEFORE YOUR PROCEDURE:

- DRINK ONLY CLEAR LIQUIDS ALL DAY (water, clear fruit juices, Gatorade, soup, broth, tea or coffee without cream, popsicles, soda, Jell-O). **NO SOLID FOOD.**
- NO ALCOHOL
- Drink an extra 8 ounces of clear liquid every hour from 11 A.M. to 5 P.M.
- **AVOID ALL RED, BLUE, ORANGE, OR PURPLE COLORED LIQUIDS.**

Starting at 5 P.M. the evening before your procedure: pour one (1) 6-ounce bottle of Suprep liquid into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. Drink ALL the liquid in the container. After drinking all the liquid, you MUST drink two (2) more 16-ounce containers of water over the next 1 hour.

You are encouraged to continue to drink clear liquids until you go to bed.

THE DAY OF YOUR PROCEDURE:

- Starting 4 to 5 hours before leaving for your procedure: pour one (1) 6-ounce bottle of Suprep liquid into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. Drink ALL the liquid in the container. After drinking all the liquid, you MUST drink two (2) more 16-ounce containers of water over the next 1 hour.
- After finishing your prep, do not have anything to eat or drink for at least 4 hours before your procedure.
- Please arrive at the hospital front desk 60 minutes prior to your scheduled procedure time for registration. Plan to be at the hospital for 2 to 4 hours.

What to bring the day of the procedure:

- Your insurance cards.
- Driver's license or government I.D.
- A complete list of all your medications.
- The first and last names and addresses of all the physicians you want to receive a copy of your procedure report.
- Someone to drive you home. Sedation is usually given for the procedures. As a result, you will not be able to drive, operate machinery, do any heavy lifting, make any important decisions, sign any legal documents, or return to work for the rest of the day. After the procedure, you cannot be released from the endoscopy department unless you are accompanied by a responsible adult. You can resume your regular activities the day after the procedure, unless otherwise instructed by your physician.
- Wear comfortable, loose-fitting clothing that is easy to remove and put on, and comfortable shoes. Do not wear jewelry, and do not bring valuables.

AFTER THE PROCEDURE:

- You may resume a regular diet, unless otherwise instructed by your physician.
- Your physician will discuss the results of your procedure with you or the person that accompanies you (with your permission) after the procedure.

REGARDING PRESCRIPTION MEDICATIONS:

In general, it is recommended that you take all prescribed medications as you normally would, even on the day of the procedure, **with the following considerations:**

- Diabetes: check with your physician regarding which medications you may take the day before and the morning of your procedure. It may be advised to stop any oral diabetes medications and reduce or hold insulin the morning of your procedure. Bring all diabetes medications with you to take after the procedure is over, when you have resumed a regular diet. Your blood sugar will be checked the day of the procedure.
- Blood Thinners: ask your physician about how to take aspirin, Plavix (clopidogrel), Coumadin (warfarin), Lovenox, heparin or any other blood thinners before and after the procedure.

If you have any questions, please call the office at:

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For questions you may have after hours please call the same number and select the option to page the physician on call. **A physician is on-call 24 hours a day 7 days a week to answer any questions or concerns you have**