

Colonoscopy Preparation with Suprep

Preparation Instructions: Diet and Medication

7 Days Prior To Procedure

1. Stop aspirin, aspirin containing products , Plavix, Aggrenox, Alka-seltzer, iron supplements, vitamin supplements containing vitamin E & C, garlic, Ginseng, Ginkgo Biloba, Ginger, saw Palmetto, Pepto Bismol, multivitamins, fish oils, or any other herbal supplements.
2. Avoid popcorn, nuts, corn, beans & poorly digestible vegetables (corn, broccoli, etc)
3. Stop non-steroidal inflammatory medications (NSAIDS) such as Motrin, Advil, Aleve, etc. Tylenol is permitted.

3-5 Days Prior To Procedure

- Stop all anti-coagulant or anti-platelet medications. (**Coumadin/Warfarin, Xarelto, Pradaxa, Persantin Lovenox, anti-platelet agents: Ticlid or Plavix.**)

****You must consult with your cardiologist or primary care physician regarding discontinuing these medications.** If you have been instructed to continue any of these medications, you must advise your gastroenterologist prior to the procedure so that he can discuss with your doctor.

On the day before the procedure:

STEP 1: You will need to go on a clear liquid diet the entire day. **NO SOLID FOODS.** You can drink clear liquids up to 3 hours prior to the appointment. Avoid juices with pulp such as orange or grapefruit juice. No dairy products, cream or soy. Coffee and tea are acceptable. Examples of clear liquids include broth or bouillon, Jell-O, clear juices, sports drinks such as Gatorade, sodas such as Sprite, 7-Up, or ginger ale, lemonade, Popsicles, coffee or tea and of course, water. Avoid red or purple colored liquids. You may use sugar, honey or lemon.

Any of the following liquids are OK to drink



Water



Strained fruit juices (without pulp) including apple, orange, white grape, or white-cranberry



Limeade or lemonade



Coffee or tea. DO NOT use any dairy or non-dairy creamer



Chicken broth



Gelatin desserts without added fruit or toppings (NO RED OR PURPLE)

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.

Step 2: Beginning at: 6 pm on day before procedure

Step 1:



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

Step 2:



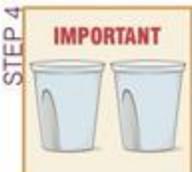
Add cool drinking water to the 16-ounce line on the container and mix. **NOTE:** Be sure to dilute SUPREP as shown at left before you drink it.

Step 3:



Drink **ALL** the liquid in the container.

Step 4:



You **must** drink two (2) more 16-ounce containers of water over the next 1 hour. **NOTE:** You must finish drinking the final glass of water at least 3 hours, before your procedure.

6 hours before arrival time

1. Do not have breakfast of any kind.
2. **Repeat steps 1-4 (above)** This is essential for a good preparation of the colon.
3. Continue to drink clear liquids until 3 hours before your scheduled arrival time.

DO NOT DRINK ANY FLUIDS 3 HOURS PRIOR TO PROCEDURE.

4. All oral diabetic medications should not be taken the day of the procedure.
5. Patients on insulin should contact the physician who prescribes the insulin for instructions for day prior to and day of procedure.
6. Take all your heart, blood pressure, and seizure medication as usual with small sips of water.
7. Allow enough time for the laxative to finish working before traveling.
8. You should 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.

AFTER YOUR COLONOSCOPY

1. Because you are receiving moderate sedation, you must have an adult (18 years or older) accompany you home. The driver must be flexible as the procedure may run longer than expected.
If you do not have a ride, we cannot do the procedure with sedation.
2. The person driving you must accompany you at check in for confirmation and instructions for pick up.
3. You should not plan to work, schedule other appointments or meetings following your procedure. You should not drive for the remainder of the day.
4. After your procedure is completed, you may experience some cramping or bloating because of the air introduced into the colon during the examination. This should settle down with the passage of gas.
5. Generally you should be able to eat after your procedure, but your doctor may restrict your diet and activities, especially if a polyp was removed.

HELPFUL HINTS

1. You should be prepared to be near the bathroom during this preparation. The laxative can take effect within 1-4 hours.
2. The laxative will cause you to have very loose, watery stools. That is the goal. Take the entire laxative to be sure your colon will be well prepped for viewing.
3. Consider having a soothing cream such as Vaseline, A&D, or Desitin cream available to reduce irritation from frequent bowel movements.
4. Please pay close attention to the directions concerning what you should and should not eat and drink to avoid having to reschedule your procedure.
5. You should allow enough time for the laxative to finish working before traveling.

Please call our office at (650) 988-7488 if you have any further questions.