

# Colonoscopy Preparation Instructions

## SUPREP (PM PROCEDURE)

**\*\*Please pick up prep at your pharmacy within a week from being seen in the office\*\***

### 1. THREE DAYS PRIOR TO YOUR PROCEDURE

- Please start a low residue/low fiber diet.
  - o Acceptable low residue/low fiber diet include:
    - Meat
    - Bacon
    - Fish
    - Chicken
    - Cheese
    - Eggs
    - Milk
    - Yogurt
    - Oatmeal
    - Cream of wheat
    - Pancakes
    - Waffles
    - Cake
    - Saltine Crackers
    - White bread
    - Pasta
    - Rice
    - Potato
    - Squash
    - Avocado
    - Canned fruit
    - Olive oil
    - Butter
    - Chocolate

### 2. THE DAY BEFORE YOUR PROCEDURE

- Start a clear liquid diet, (*this includes the bowel prep!*)
  - o Acceptable clear liquids include:
    - Beef or chicken broth
    - Jell-O or popsicles (**NO RED, PURPLE OR ORANGE**)
    - Sprite
    - 7-UP
    - Ginger Ale
    - Apple juice
    - Water
    - Tea or coffee (**PLAIN, NO CREAM OR SUGAR**)

### 3. THE DAY (MORNING) OF YOUR PROCEDURE

- Beginning at **4 AM**
  - o Begin DOSE 1 of Suprep
    - Pour one 6-ounce bottle of Suprep into the mixing container
    - Add cold drinking water to the 16oz line on the container and mix.
    - Drink all of the liquid (16oz) **IMPORTANT:** Over the next hour you **MUST** drink two more 16oz glasses of WATER.
- Take DOSE 2 of Suprep, **5 hours prior to your arrival time**
  - o Use the same steps as in DOSE 1

**\*\*Also, you may not have ANYTHING within 3 hours of your arrival time. \*\***

Your procedure may be cancelled if you do so.

- 4. Arrange to take the day off of work since anesthesia will be administered. You **MUST** have a **responsible adult driver present at the time of arrival and during your recovery.** We cannot start the procedure without your driver present in the building. You will NOT be able to drive yourself home after the procedure. **Uber, Lyft, Taxi, bus or other forms of “public transportation” are NOT acceptable means of returning home after the procedure.** If you do not have an acceptable mode of transportation home after the procedure, your appointment will be cancelled and rescheduled to a different date.

5. All body piercings MUST BE REMOVED prior to arrival.

## 6. MEDICATION MODIFICATIONS

**\*\*PLEASE DO NOT STOP TAKING YOUR ASPIRIN\*\***

- **Stop** Coumadin 5 days prior to the procedure
- **Stop** Pradaxa, Xarelto and Eliquis 2 days prior to the procedure
- **Stop** Plavix 7 days prior to the procedure
- **Stop** any anti-inflammatory medication 1 day prior to the procedure (including ibuprofen)
- **Stop** any arthritis medication 1 day prior to the procedure
- **DO NOT TAKE** insulin or any other oral diabetic medications the morning of the procedure. Be sure to check your blood sugar 4 hours prior to your appointment time. If your blood sugar is low, drink a glass of apple juice
- Please take ½ dose Lantus the night before the procedure (*if you are prescribed this*)
- **Continue to take any other prescription medications that are not listed above. They must be taken no later than 3 hours prior to your arrival time.**

**\*\*IF YOU ARE NOT SURE IF YOUR MEDICATIONS FALLS UNDER ANY OF THESE CATEGORIES, PLEASE CONTACT YOUR PHARMACY FOR FURTHER ASSISTANCE. \*\***

Your exam is scheduled on \_\_\_\_\_ at \_\_\_\_\_ am / pm

At \_\_\_\_\_ . Please arrive no later than \_\_\_\_\_ am / pm

-Please arrive no later than your arrival time to your appointment time

**YOUR PROCEDURE MAY BE CANCELLED AND RESCHEDULED IF YOU ARE LATE!**

**\*\*\*\*\*PLEASE BE FLEXIBLE. YOUR PROCEDURE TIME MAY VARY DEPENDING ON NUMEROUS FACTORS (cancellations, procedural delays, etc.) \*\*\*\*\***

**Important:** It is important that you contact your insurance company **5 DAYS PRIOR** to your procedure date. You may have a co-payment the day of your procedure and are responsible to verify with your insurance in advance. *Patients calling to cancel less than 2 business days due to a high co-payment may be subject to a \$150.00 cancellation fee.*