

Colonoscopy Preparation Utilizing SuPrep™

Warnings:

- ✓ Please inform this office in advance if you have congestive heart failure, kidney failure, chronic constipation, or have had an inadequate bowel preparation for a previous colonoscopy.

Purchase:

- ✓ One **SuPrep™** Bowel Prep Kit. Bring the doctor's prescription that came with these instructions to your pharmacy at least **2** days before your colonoscopy appointment.
- ✓ A container of **Tucks™ Wipes** (over the counter, optional)

What to do with your daily medications before your colonoscopy:

If you take any "blood thinners" such as Coumadin, Warfarin, Prasugrel or Plavix you must consult with your cardiologist or primary care physician **BEFORE** discontinuing these medications as instructed below. This is extremely important, especially if you take any of these medications for treatment of heart disease or stroke. If your primary care physician has instructed to continue any of these medications, you must advise NYGA on the day of your procedure.

7 days before your procedure:

- ✓ Stop Plavix (clopidigrel) unless otherwise instructed (see above).

3 days before procedure:

- ✓ Stop Coumadin (warfarin) unless otherwise instructed (see above).
- ✓ Stop any iron supplements.
- ✓ Avoid eating seeds or any foods containing seeds (such as grapes, berries, nuts, etc).

* Avoidance of "blood thinners" is designed to minimize the risk of serious bleeding if a polyp is removed

If you are **diabetic**, check with your primary care physician about taking your diabetes medication the morning of your colonoscopy. Call your prescribing physician if you have questions about what to do with other medications during the preparation period.

Otherwise, take your daily medications with a sip of water the morning of your procedure.

Following the restricted diet below helps ensure a thorough examination of the colon!

On the day before your colonoscopy:

- ✓ In the morning: Prepare your Suprep solution
 - Pour one of the 6 ounce bottles of Suprep liquid into the disposable mixing container.
 - Add cool drinking water to the 16 ounce line on the container.
 - Mix to dissolve.
 - Refrigerate.

You may **NOT** have any **solid food** the day before your colonoscopy. You must follow a clear liquid diet.

- Black coffee (no milk or cream), plain tea (no milk or cream), soft drinks, sports drinks (e.g. Gatorade), strained fruit juices (no pulp), water, clear juice, bouillon/broths, popsicles, and Jell-O are clear liquids
- Continue to drink fluids consistently throughout your preparation.

The evening before your procedure (6-7:00 PM):

- ✓ **STEP 1:** Drink **all** the liquid in the container. You may start going to the bathroom before you finish, but be sure to drink **ALL** of the solution.
- ✓ **STEP 2:** Drink 16 ounces of a clear liquid (see above).

TIPS:

- If you experience nausea, bloating or vomiting, try drinking the solution more slowly.
- In certain instances, you may not have bowel movements after completing STEP 1. **This is normal.** **Proceed to STEP 2** and you should start to pass bowel movements.
- ✓ Continue drinking clear liquids until bedtime.

On the day of your colonoscopy:

- ✓ 6 hours before your procedure repeat steps 1 and 2. Continue drinking clear liquids up to 2 hours before your procedure.
- ✓ Do not drink anything (apart from your medications) for 2 hours prior to your scheduled appointment time.

Dosing Schedule for your Appointment

Date: _____ Time: _____

Start liquid diet	Date: _____ Time: _____
Take first dose of Suprep	Date: _____ Time: _____
Take second dose of Suprep	Date: _____ Time: _____
Do not drink or eat anything after	Date: _____ Time: _____

General information: Please arrive at least 15 minutes before your appointment to complete any necessary paperwork. Your stay at the office will be 1 to 2 hours. After colonoscopy, you may resume most normal activities (except driving and vigorous exercise) and a normal diet, unless otherwise instructed.

Note: YOU MUST HAVE AN ESCORT TO ACCOMPANY YOU HOME FOLLOWING YOUR PROCEDURE

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