

Gastroenterology & Nutrition, PC

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COLONOSCOPY PREPARATION WITH SUPREP

Before beginning the following steps have your prescription for SUPREP filled at the pharmacy.

THE DAY BEFORE THE PROCEDURE:

1. Beginning with breakfast your meals today will consist of only liquids (you may have some dairy for breakfast only). Liquids include: coffee, tea, clear fruit juices (apple, white grape or white cranberry), broth, gelatin deserts (non red Jell-O), ice-cream or popsicles.
2. Drink plenty of plain water throughout the day.
3. You may continue with liquids for your lunch and dinner. Foods to avoid: meat, fish, pasta, cereals, vegetables, vegetable juices, breads, fruits, fiber or any other solid food.

For use of your medications see the medication instruction section on the back of this sheet.

STEP ONE: Beginning at _____ the day before the procedure Pour ONE (1) 6 –ounce bottle of Suprep liquid into the mixing container. Add cool drinking water to the 16 oz line (full line) on the container and mix.

STEP TWO: Drink **all** the liquid in the container.

STEP THREE: You must drink Two (2) more full 16 –ounce containers of plain water 30 minutes apart

ONLY CLEAR LIQUIDS ARE ALLOWED UNTIL BEDTIME. NOTHING TO EAT OR DRINK AFTER MIDNIGHT.

THE DAY OF THE/ DAY BEFORE PROCEDURE:

Beginning at _____ (or 4-6 hours before your procedure) repeat steps 1 through 3 using the other 6-ounce Suprep solution bottle.

Very important: You must drink Two more full 16ounce containers of plain water 30 minutes apart (step 3)

IF YOU ARE COMPLETING YOUR PREPARATION THE MORNING OF YOUR COLONOSCOPY DO NOT EAT OR DRINK ANYTHING AFTER COMPLETING THE PREP UNTIL AFTER YOUR PROCEDURE.

1. Do not eat or drink anything, do not chew any gum until after your examination (see medication section on the back of the sheet)
2. Report to the center (address above) 10 MINUTES before your scheduled procedure.
3. **You MUST BE ACCOMPANIED BY A FRIEND OR FAMILY MEMBER TO DRIVE YOU HOME.**

Pre Endoscopic Medication Instructions for Patients

For patients with Diabetes:

1. Hold all diabetic medications on the day of the procedure.
2. If you use long acting insulin (Lantus, NPH insulin, Humulin N or Humulin 70/30), please use half of your scheduled dose in the evening before the procedure. This will reduce the risk of having very high blood sugar on the day of your procedure even if you are not eating.
3. hold all short acting insulin (Humalog, Humulin R)
4. If you are experiencing low blood sugar and/or having symptoms of low blood sugar (ie: confusion, sweating, shaking, light headedness) consider holding your AM insulin dose instead of splitting the dose in half. Treat your low blood sugar with either clear juice (apple juice) or a sugar candy. Call the ambulatory care triage nurse if you have questions or concerns.

For patients taking other oral medications regularly:

1. You may take your oral (pill) medications on the morning of the procedure with a few sips of water only (ie: blood pressure medications). It is important not to have anything else to eat or drink on the morning of the procedure. This might delay your scheduled procedure or it might be cancelled altogether. Try to take your morning medications early (around 7:00am).
2. If you have any questions about these instructions feel free to contact the ambulatory care triage nurse staff or our office if you have further questions or concerns.

For patients taking Xarelto, Eliquis, Pradaxa, Coumadin, Plavix or NSAID drugs (ie: Motrin, Ibuprofen, Naproxen, Aleve or other medications containing Ibuprofen):

1. Hold Plavix for 5 days prior to your procedure, unless your physician instructs you to do otherwise. Please contact your Cardiologist/PCP if you have concerns about holding this medication.
2. **Please hold Xarelto, Eliquis or Pradaxa at least 2 days prior to your procedure, or as per your Physician/ Cardiologist instructions. Please hold Coumadin for at least 3-5 days prior to your procedure. Please contact your Cardiologist/Physician if you have concerns about holding these medications**
3. Please hold NSAID medications, which includes Ibuprofen, Motrin, Aleve, Naproxen or combination medications which include these medications 3 days prior to your scheduled procedure.

For patients taking Iron pills/supplements:

Please hold Iron supplements for 5-7 days prior to your procedure.