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SUPREP INSTRUCTIONS FOR COLONOSCOPY

Read These Instructions at Least 2 Weeks Before Your Colonoscopy

IMPORTANT INFORMATION

Someone **MUST** drive you home from your procedure. You are **NOT ALLOWED** to drive, take a taxi or bus alone, or leave the endoscopy center alone. If you do not have someone to accompany you home, **YOUR PROCEDURE WILL BE CANCELLED.**

You should not use Suprep for your bowel preparation if you have a history of serious kidney problems.

MEDICATIONS

- You **MAY** take all of your normal medications (including a Baby Aspirin or Aspirin 81 mg, high blood pressure medications, and cholesterol medications) on the morning of the procedure with a sip of water.
- You **MUST** call the doctor that prescribes ANY blood thinner or anti-platelet medication at least one week before your procedure. This includes: Coumadin (warfarin), Pradaxa (dabigatran), Eliquis (apixaban), Xarelto (rivaroxaban), Effient (prasugrel), Ticlid (ticlopidine), Brilinta (ticagrelor) or Plavix (clopidogrel). You should let them know you will need to stop your medication, and ask when to stop the medication before the procedure.
- For patients with diabetes: Please see separate instructions

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DAYS

PRIOR TO YOUR COLONOSCOPY

- STOP taking any fiber supplements (e.g. Metamucil, Citrucel, and Benefiber)
- Pick up the prescription for your prep at the pharmacy. If you feel your copay is greater than you can afford, please call our office for another option.

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DAYS

PRIOR TO YOUR COLONOSCOPY

- DO NOT eat any high fiber foods – like popcorn, beans, seeds (flax, sunflower, quinoa, chia), multigrain bread, nuts, salad/raw vegetables, fresh or dried fruit.

1 DAY BEFORE YOUR COLONOSCOPY

DO NOT eat any solid food after 8 am

Between 5-9 pm

- Mix the first dose of Suprep with 10 oz. of water or a clear liquid of your choice (for a total of 16 oz.) and drink.
- Drink 2 more 16-oz. containers of additional water or any clear liquid over the next 60 minutes.

Six (6) Hours Prior to Your Colonoscopy

- Mix the second dose of Suprep with 10 oz. of water (for a total of 16 oz.) and drink.
- Drink two (2) more 16-oz. containers of additional water or any clear liquid over the next 60 minutes.

Four (4) Hours Prior to Your Colonoscopy

- NOTHING to eat or drink (including the preparation).

Some patients find Suprep more tolerable when chilled. This can be accomplished by either chilling the Suprep before mixing or by adding chilled liquids to the Suprep.

Crystal Light Lemonade or Iced Tea can be substituted for water when mixing with the Suprep.

Liquids **ALLOWED**

the day before your procedure

- Water, soft drinks, juices, bouillon
- Black coffee or tea with no milk or cream
- Jell-O, popsicles, hard candies
- It is important that you drink lots of liquids during the day

Liquids and Foods **NOT ALLOWED**

the day before your procedure

- Cream, milk, dairy products
- Solid foods except for a light breakfast before 8 am
- Alcoholic beverages
- Non-prescription drugs/recreational drugs
- Liquids which are not clear (for example orange juice)



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INFORMATION PRIOR TO COLONOSCOPY

PROCEDURE DATE _____

ARRIVAL TIME _____

PROCEDURE TIME _____

PROCEDURE SCHEDULERS	
DR. BROWN DR. LEWIS DR. RAISSIS	Jennifer Sowinski 860.929.7963
DR. BANERJEE DR. AYERS DR. MULLINS DR. SCOTT	Allison Tremblay 860.929.7955

IMPORTANT — READ CAREFULLY

1. Please follow the PREP INSTRUCTIONS on the BACK SIDE of this document for your procedure. Please review at least a few days before your colonoscopy.
2. Please note that you may be charged a \$50 cancellation fee if you give us less than 48 hours notice. We will not cancel procedures due to inclement weather. However, the outpatient endoscopy centers may cancel if the Governor/State of CT closes. If you choose to cancel your procedure because of bad weather, there will not be a cancellation fee.
3. If you cancel/reschedule your procedure 3 or more times, there will be a \$50 fee.

YOU MUST CALL YOUR INSURANCE COMPANY:
 Our office will obtain pre-certification, but that is not a guarantee of payment. Prior to any procedure, it is the patient's responsibility to contact their insurance to check covered benefits/deductibles.

It is also the patient's responsibility to contact our office immediately with any insurance changes.

YOUR COLONOSCOPY IS SCHEDULED AT:

- EVERGREEN ENDOSCOPY CENTER**
2400 Tamarack Avenue, Suite 100, South Windsor, CT
 Phone Number: 860.644.7336

 Located on First Floor. You will receive a Pre-registration call 2-3 days prior to your procedure.
- ST. FRANCIS GI ENDOSCOPY CENTER**
360 Bloomfield Ave. Suite 204, Windsor, CT
 Phone Number: 860.683.9991

 Exit 37 (Bloomfield Ave/ Windsor Center) off Interstate 91 North. Take right onto Bloomfield Ave and make an immediate left turn onto a long driveway, before the Mobil Gas Station/McDonalds. Exit #37 Interstate 91 South: Take left onto Bloomfield Ave and make a left turn before the Mobil Gas Station.
- ST. FRANCIS HOSPITAL**
114 Woodland St., Hartford, CT
 SFH Pre-Call/Pre-registration Questions
Phone Number: 860.714.2192

 Enter the parking garage from Woodland St. or Collins St. entrance. Proceed to 2nd floor, "Admitting," then to the Endo unit (Day Hospital) across the hall. Or, you may be dropped off at front doors of hospital. Take stairs on left, turn left on 2nd floor, to "Admitting."
- ECHN**
71 Haynes St., Manchester, CT
Phone Number: 860.646.1222

 To access the GI unit, please enter through the Ambulatory Medical Entrance on Guard St., Pull into valet and follow the signs to the GI unit.
- BRISTOL HOSPITAL**
41 Brewster Rd, Bristol CT
Phone Number: 860.585.3054

 Please report to the Endoscopy unit located on level B within the new Perioperative Building. You must call Bristol Hospital and pre-register.