



## Colonoscopy Preparation using *Suprep* 2 Day PM/AM Split Dosing Regimen

The colon preparation is the most important step leading to the successful completion of a colonoscopy. We know it is inconvenient, but a clean colon will lead to an efficiently and safely performed colonoscopy that will lead to good gastrointestinal health. The cost of these FDA-approved preps range from \$30 to \$100 depending on your insurance coverage, co-payment, and ability to use discount coupons. Please pick up your prescription ahead of time or call your pharmacist.

### **SEVEN DAYS BEFORE THE PROCEDURE**

#### **Medication restrictions – Please call the prescribing physician**

1. Diabetics taking insulin: will need dose adjustment the day before the exam. Please ask for advice from the physician that prescribes your insulin. For diabetics only taking diabetic pills simply stop the pills the day before the procedure (see below).
2. Blood thinners (antithrombotic agents) including: aspirin, Coumadin (Warfarin), Plavix, Pradaxa, Xarelto, Eliquis, Brilinta and Effient: These can increase the risk of bleeding during and after endoscopic procedures to a varying degree. Please ask the physician that prescribes the medication if, and when, you can stop these medications. **If** these medications are unable to be stopped, you need to call our office.

#### **Items to Purchase**

1. Fill the prescription for the *Suprep* (bowel prep kit).
2. Fill the prescription for *Ondansetron* (anti-nausea medication).
3. Any over-the-counter hemorrhoid ointment for anal discomfort (if needed).
4. Propel water, (optional) recommend berry flavor, will need at least 20 ounces. The *Suprep* is berry flavored so any other flavor of Propel may be less appealing (Walgreens and CVS DO NOT carry it).

### **THREE DAYS BEFORE THE PROCEDURE**

No seeds, nuts, popcorn or peels from fruits and vegetables. Example: no peels from apples, potatoes, or cucumbers etc.

### **ONE DAY BEFORE THE PROCEDURE**

1. **For breakfast AND lunch you may choose one of the following:**  
**2 eggs** (no meat, cheese, veggies or toast, just eggs, salt, pepper, oil or butter is fine to cook with)  
**or 1 yogurt, 8 ounces** (plain, can be flavored but no chunks of fruit or granola), **or**  
**1 Ensure, 8 ounces** (any flavor) **then clear liquids only for the remainder of the day.**
2. **You cannot have milk or orange juice for the entire day.**
3. Drink as much as you can to prevent dehydration. You may have bouillon, broth, black coffee (sugar and artificial sweeteners are okay, no creamer of any kind), tea (honey is okay), juice (apple, grape, cranberry), Gatorade, Powerade, lemonade, soda (regular or diet are okay), water, Popsicles and Jell-O (any flavor or color). Taking red Jell-O and red Gatorade may turn your bowel movements red and should be limited.
4. You may have clear candy (such as Lifesavers, Jolly Ranchers and gummy bears).
5. Do not take oral diabetic pills.

**TURN THE PAGE OVER FOR THE REST OF THE DIRECTIONS**

## **TIMING OF PREPARATION**

**Please follow these instructions and NOT the *Suprep* box instructions**

### **EVENING BEFORE THE PROCEDURE**

This is a 2 step process divided into two 16 ounce sessions. You must drink the entire *Suprep* to ensure your colon will be cleaned out. A poor prep can mean missed lesions (flat polyps) and cancellation and rescheduling of your procedure.

**Starting at 6:00pm** (This **CAN NOT** be done earlier in the day.)

1. Take the *Ondansetron* (anti-nausea) 10 minutes prior to taking each dose of the *Suprep* (bowel prep).
2. Pour **ONE** (1) 6 ounce bottle of *Suprep* into the supplied mixing cup; add cold drinking water or berry flavored Propel water to the 16 ounce fill line on the mixing cup. Using the Propel can help cover up the taste from the laxative.
3. Stir contents.
4. Drink the entire cup of solution.
5. Drink 2 more 16 ounce glasses of water (32 ounces total); you can use the supplied mixing cup, filling to fill line on cup. Drinking the extra water within an hour.
6. You can continue the clear liquid diet after you finish the 6:00pm dose of the prep.

### **THE MORNING OF THE PROCEDURE**

**Beginning 4-6 hours prior to scheduled procedure time, repeat steps 1-5 as above.** (Yes, this requires you to do early morning or in the middle of the night based on your procedure time.)

1. **Take nothing by mouth, including water, after completing the last additional 32 ounces of water.**
2. You should take any necessary medications you normally use on the morning of the procedure with **sips** of water, vitamins and supplements should be taken after the procedure.
3. Arrive at your scheduled arrival time.
4. Bring a list of your medications, insurance cards and photo ID.
5. After the procedure you must have a responsible adult drive you home. It is best if your driver waits for you at the endoscopy center. **Taking a cab home is not an option.**
6. You may not drive or work until the next day.

### **IMPORTANT INFORMATION ABOUT SEDATION**

Sedatives used for endoscopy include Propofol. These medications provide amnesia and pain relief. You are breathing on your own. It is not considered general anesthesia.

### **QUESTIONS OR PROBLEMS:**

1. Daytime phone number is (314) 997-0554.
2. After hours number is (314) 388-6578.
3. Internet website address is [www.gidoctor.net](http://www.gidoctor.net)