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Diagnostic, Therapeutic, and Bariatric Endoscopy

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COLONOSCOPY INSTRUCTIONS
USING SUPREP BOWEL PREP

Procedure Date: _____

Arrival Time: _____
Please note that your time may be changed due to unforeseen cancellations, you will be notified the day prior to your procedure (Ready for pick up about 2 hrs after your arrival time)

Location:
Mission Endoscopy Center (Across the hallway from our office)
26921 Crown Valley Pkwy #200, Mission Viejo (949) 334-8160

Medications:

- ☐ Contact your primary physician if you are taking **Coumadin, Warfarin, Ticlid, or Agrylin**. These medications will need to be discontinued for your safety 5 days prior to your procedure, but only under your primary physician's guidance.
- ☐ **Plavix** will need to be stopped 7 days prior to your procedure.
- ☐ **Xarelto/Eliquis** will need to be stopped 24 hours prior to your procedure
- ☐ Stop taking **Aspirin** 5 days prior.
- ☐ Anti-inflammatory medications need to be stopped 3 days prior (ex: **Motrin, Advil, Naprosyn, Ibuprofen, Anaprox, Indocin**, etc.) You may take Tylenol or Acetaminophen instead.
- ☐ The following need to be stopped 5 days before: Alka Seltzer (contains aspirin), iron supplements, vitamin supplements containing Vitamin E & C, Ginseng, Ginkgo Biloba, Ginger, Saw Palmetto, Pepto-Bismol, Fish Oils, or any other herbal supplements.
- ☐ Diabetics: Contact your primary physician if you are taking **Insulin**. You may need to have your insulin adjusted the day before and the day of the procedure. You may skip your Metformin or oral diabetic meds the morning of your procedure.

- ☐ 5 days before your procedure stop taking bulk-forming agents (such as Metamucil or Citrucel)
- ☐ If you take medication for blood pressure or your heart, please continue to take it even the morning of your procedure.

1-2 Weeks Prior to Your Colonoscopy:

- ☐ Arrange transportation. You will be given sedation and therefore will be unable to drive yourself home. You must have an adult take you home. For liability reasons, ***Mission Endoscopy Center*** will be unable to allow any public transportation; i.e., taxi, bus, etc.
- ☐ Bring your prescription for SUPREP to your pharmacy as early as possible to insure they will have it in their inventory and be able to fill it on time.
- ☐ Buy clear liquids (see examples on the next page)

3 Days Prior to Your Colonoscopy:

- ☐ Do not eat popcorn, seeds, nuts, multigrain bread, or high fiber foods

The Day Before the Procedure:

- ☐ **Do not eat solid foods**
- ☐ Drink clear liquids all day; ***avoid red-colored drinks and red Jell-O***.

Clear liquids include:

1. Water
2. Fruit juices, such as apple or white grape juice
3. Broth (ex: Chicken, vegetable, or beef flavoring)
4. Coffee or tea (without milk or creamer)
5. Gatorade or other sports drinks
6. Carbonated beverages such as ginger ale, Mountain Dew, or lemon-lime soda
7. Lemon, or lime Jell-O
8. Popsicles

The Night Before:

- ☐ Follow the instructions on the SUPREP included in this packet

The Morning of (4-5 hours prior to your arrival time):

- ☐ Follow the instructions on the SUPREP included in this packet for completion of the second part of the bowel preparation. You may only drink the bowel prep in the morning, including the water afterwards as described.
- ☐ After the prep is finished, do not eat or drink until after your procedure. Due to risk of aspiration, DO NOT DRINK ANY FLUIDS OR ANY FOOD FOR 3 HOURS PRIOR TO YOUR PROCEDURE.

After Your Procedure:

You will stay in the recovery room for observation until ready for discharge. You may feel some cramping or a sensation of having gas, but this usually passes quickly. An adult (18 years or older) will need to drive and accompany you home. The driver must be flexible as the procedure may run longer than expected. Alcohol consumption should be avoided for 24 hours following the procedure. Your should not drive the remainder of the day.

If a biopsy was taken or polyp(s) removed:

Avoid taking aspirin, products containing aspirin, blood thinners or anti-inflammatory drugs for two weeks after the procedure to reduce the risk of bleeding (take Tylenol or acetaminophen if needed). You may notice light rectal bleeding for one to two days after the procedure. Large amounts of bleeding or the passing of clots should be reported to us immediately. You will be given a copy of your procedure report before you leave. We will send you the results in 1-2 weeks after the procedure. We will call you immediately if there are any urgent results.

HELPFUL HINTS

1. You should be prepared to be near a bathroom during the preparation. The laxative can take effect within 1-4 hours.
2. The laxative will cause you to have very loose, watery stools. That is the goal. Take the entire laxative to be sure your colon will be well prepped for viewing. Your stool should be clear or yellow (like urine). If still brown or if stool is still seen after the second dose is taken, you may need to drink 1-2 bottles of Magnesium Citrate (bought over-the-counter at any pharmacy) afterwards. Contact our office for instructions if your stools are still brown with residue or solid stool.
3. Consider having a soothing cream such as Vaseline, A&D ointment, or Desitin available to reduce irritation from frequent bowel movements.
4. Please pay close attention to the directions concerning what you should and should not eat and drink to avoid having to reschedule your procedure.
5. You should allow enough time for the laxative to finish working before travelling.
6. If you have chronic constipation, you may need to take a laxative such as Miralax, Linzess, or Amitiza daily for 1-2 weeks before your colonoscopy to ease the bowel preparation process.