



## PREP INSTRUCTIONS FOR COLONOSCOPY

(SUPREP™ Prep Instructions)

These instructions will help you properly prepare for your colonoscopy. The preparation for this test is often the most difficult part of it, but your health is worth it! A colonoscopy allows the doctor to examine the entire five to six feet of your large bowel. In order to do this, your colon must be completely clean. If the doctor can't examine the large bowel (because it is not clean), the procedure will be rescheduled.

### **Items you will need:**

- Fill your SUPREP prescription at your nearest pharmacy. **Do not wait until the day before your procedure to get this prescription filled as some pharmacies may need to order the medication.**



### **1 week prior to your colonoscopy:**

- Stop Aspirin for **7 full days**
- Stop Iron, Plavix, Coumadin, Percodan, Alka-Seltzer, Empirin, Ibuprofen, Motrin, Advil, Aleve, Excedrin, Medipren, Nuprin, Naproxyn, Naproxen, Seldinac, Celebrex, Piroxicam, Feldene, Indomethacin, Indocin, Diclofenac, and Voltaren for **5 full days**.
- **Tylenol (Acetaminophen) is ok to take.**

### **3 days prior to your colonoscopy:**

- Stop ALL vitamins and supplements.
- Avoid all beans, peas, corn, popcorn, nuts, tomatoes, cucumbers, pickles, sesame seeds, strawberries, watermelon, oatmeal, kiwi, and grapes (foods containing small seeds or skins).

### **1 day before your colonoscopy:**

- From the minute that you wake up, you may have **only clear liquids**.
- Drink the first bottle of SUPREP between 5:00PM and 6:00PM, follow the steps below.
- Please reference the clear liquid diet page included in your packet or listed on our website, [www.gastromaryland.com](http://www.gastromaryland.com), under Prep Instructions.
- Clear liquid diet examples:
  - Soups: Clear chicken, beef, or vegetable broth
  - Sports drinks: Gatorade, Powerade, Propel
  - Juices: White cranberry, white grape, apple, limeade, strained lemonade
  - Beverages: BLACK coffee or tea, iced tea, Kool-Aid, Sprite, Seltzer, Ginger Ale, Boost Breeze, and water.
  - Desserts: Italian ice, popsicles, Jello-O
  - **NO RED OR PURPLE DYE, DAIRY PRODUCTS, ORANGE JUICE, TOMATO JUICE, GRAPEFRUIT JUICE, ALCOHOL, OR ANYTHING THAT HAS A CREAM**

### **Day of your colonoscopy:**

- Drink the second bottle of SUPREP 5 hours before your colonoscopy, follow the steps below.
- Do not eat or drink anything after your SUPREP morning dose until after your procedure.
- NO GUM, MINTS, AND HARD CANDY.
- You may brush your teeth but do not swallow.
- Please take your AM blood pressure/heart medicine 3 hours before your procedure with a sip of water.
- A nurse will call you approximately one business day prior to your procedure to review the prep.
- **Remember: Because of the sedation, you MUST have someone drive you home after the procedure. This is surgery center policy.**

### **Prep Steps:**

- **STEP 1: EVENING BEFORE THE COLONOSCOPY (BETWEEN 5:00 AND 6:00 PM)**

- **BOTTLE 1**

1. Pour **ONE** (1) 6-ounce bottle of SUPREP Liquid into the mixing container.
2. Add cool drinking water to the 16-ounce line on the container and mix.
3. Drink **ALL** the liquid in the container.
4. You **must** drink two (2) more 16-ounce containers of water over the next hour.

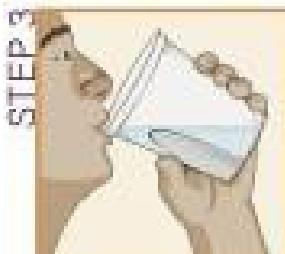
**CONTINUE DRINKING AS MANY CLEAR LIQUIDS AS YOU CAN ONCE THE ABOVE IS COMPLETED BUT **NOTHING BY MOUTH AFTER MIDNIGHT** until the following morning.**

- **STEP 2: FIVE HOURS PRIOR TO YOUR COLONOSCOPY ARRIVAL TIME**

- **BOTTLE 2**

1. Pour **ONE** (1) 6-ounce bottle of SUPREP Liquid into the mixing container.
2. Add cool drinking water to the 16-ounce line on the container and mix.
3. Drink **ALL** the liquid in the container.
4. You **must** drink two (2) more 16-ounce containers of water over the next hour.

**DO NOT EAT OR DRINK ANYTHING 4 HOURS BEFORE YOUR PROCEDURE ARRIVAL TIME.**

 <b>STEP 1</b>	Step 1: Pour <b>ONE</b> (1) 6-ounce bottle of SUPREP liquid into the mixing container.	 <b>STEP 2</b>	Step 2: Add cool drinking water to the 16-ounce line on the container and mix. <b>NOTE:</b> Be sure to dilute SUPREP as shown at left before you drink it.
 <b>STEP 3</b>	Step 3: Drink <b>ALL</b> the liquid in the container.	 <b>STEP 4</b>	Step 4: You must drink two (2) more 16-ounce containers of water over the next 1 hour. <b>NOTE:</b> You must finish drinking the final glass of water at least 4.5 hours, or as directed, before your procedure.

### **PREP QUESTIONS:**

If you have any questions related to your colonoscopy prep, please call the nurse line.

- Columbia/Cascades: (410)913-1666
- Olney: (301)347-8780
- Annapolis: (410)913-1164
- Riverdale: (410)290-1666

Any other questions please contact our office at (410)290-6677.

### **CANCELLATIONS:**

If you need to cancel or reschedule your procedure, please call (410)290-6677 at least 24 hours before your appointment, LATE CANCEL FEES APPLY.