FAIRFAX COLON & RECTAL SURGERY

www.fairfaxcolorectal.com
Phone: (703) 280-2841

SUPREP COLONOSCOPY PREPARATION INSTRUCTIONS

Procedure Date: _____ **Arrival Time:** _____ (provided 7 calendar days in advance)

Purchase:

A. **SuPREP: The prescription will be sent electronically to your pharmacy.**
B. **A variety of clear liquids listed below (not red, purple, or blue)**
C. **Disposable Wet Wipes/Disposable/Calmoseptine® Tube (Optional)**

- Your adult driver must take you and remain on our premises until your procedure is completed and you have been cleared to leave: Unaccompanied taxi, Uber, or Lyft drivers will not be allowed.
- Private medical specialty transportation services are available for a fee – ask for information, if you need it, as soon as possible.

Medication Information

Continue to take all of your prescription medications, including vitamins, aspirin (ASA), or NSAIDs (Advil, Motrin, etc.), except:

Anticoagulants

You don't need to stop taking over-the-counter aspirin.

If a doctor prescribes a blood thinner, you should contact their office to see if you need to stop or keep the medication down.

Diabetes/Weight Loss Medications

Insulin: If you take insulin, ask your doctor about the dosage before your colonoscopy.

Oral: Do not take your evening dose the day before your colonoscopy or your morning dose on the day of your colonoscopy

GLP-1/SLGT-2: Refer to the Comment Attached

3 days before your colonoscopy:

Stopping the following items will help your preparation work more effectively. You will start your clear liquid diet the day before your colonoscopy.

- Stop taking iron supplements and fiber supplements;
- Stop eating nuts, seeds; Stop eating raw, thick-skinned vegetables and fruits unless you remove the skin

Day before colonoscopy: The more fluids you drink, the better your preparation will be!

- When you wake up, start on a clear liquid diet and continue throughout the day before your colonoscopy, only drink "Clear Liquids" from the list on the next page, NO SOLID FOODS.
- No RED, PURPLE, or BLUE liquids: These can distort the findings during your colonoscopy.

ALL DAY BEFORE YOUR COLONOSCOPY, YOU WILL FOLLOW A CLEAR LIQUID DIET, SEE BELOW

Water/Propel/Gatorade/Electrolyte Beverages	Apple/White Grape/ White cranberry juice	Coconut water	Popsicles/Italian Ice
Tea/Coffee (No Cream/Milk)	Lemonade/ Crystal Lite	Sprite/7-Up/Ginger Ale	Broth / Gelatin / Hard Candy

Start your colonoscopy preparation with laxatives, starting at 5 p.m. the day before your colonoscopy

- **Continue with clear liquids. Drink PLENTY before you start the laxative preparation.**
- **Its preparation can work quickly or slowly; Stay near a bathroom just in case**

5 PM

- Pour one (1) 6-ounce bottle of SuPREP liquid into the mixing container.
- Add cold drinking water to the 16-ounce line in the bowl and mix.
- Start drinking immediately, you should drink the SuPREP for 20 minutes until it is complete.
- Then drink 32 ounces of water for the next hour (60 minutes).

Colonoscopy Day:

- **Continue to drink only clear liquids**
- **Stay near a bathroom until you leave for your colonoscopy**

- **8 hours before arrival:**
  - Pour one (1) 6-ounce bottle of SuPREP liquid into the mixing container.
  - Add cold drinking water to the 16-ounce line in the bowl and mix.
  - Start drinking immediately, you should drink the SuPREP for 20 minutes until it is complete.
  - Then drink 32 ounces of water for the next hour (60 minutes).
- **6 hours before arrival:**



- **Do not drink, eat, chew or smoke**
- **You can brush your teeth**
- **You can take your prescription medications with just a sip of water.**

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Frequently Asked Questions About Colonoscopy and Preparation

What should my stool look like after drinking/taking my bowel prep?

By the morning of the colonoscopy, the stool should be completely liquid and cloudy to clear yellowish; you should be able to see the bottom of the toilet after defecating. If your stool does not match this description, please inform our reception staff immediately upon arrival.

I drank/drank the first half of my brewing solution and haven't had a bowel movement: What do I do?

The patient's digestive system is different and may take longer to have a bowel movement. Most patients begin to have a bowel movement between 7 p.m. and midnight. Continue with clear liquids as directed in the preparation instructions; you will continue with the second dose on the day of the colonoscopy.

I drank/drank the first half of my prep solution, and my stool looks clear: Do I have to drink the rest?

Yes, you will need to drink/take the entire contents of the bowel preparation.

How long will the colonoscopy take?

The procedure usually takes 20 to 30 minutes, however, it may take longer if polyps are found, if the colon is long or crooked, or if there is excess scar tissue. Plan to be at our center for 2 1/2 hours.

Will I be asleep/sedated during my colonoscopy?

Yes, your colonoscopy will be performed under deep IV sedation with an anesthesiologist in the presence of an anesthesiologist, to prevent cramping or pain during the procedure; you are asleep but breathing on your own: The effect of the sedative medication wears off quickly.

Are there things I can't do after colonoscopy?

You must have an adult driver accompany you and remain in our facility until your procedure is complete and you have been cleared to leave: You cannot drive, work, or drink alcohol on the day of your colonoscopy. Most people are able to resume work and all normal daily activities the morning after your procedure.

What should my stool look like after colonoscopy?

The patient's digestive systems are different, but expect to have loose stools for 24-48 hours after your colonoscopy; your stool should return to a normal consistency within a few days if you are eating a normal diet.

When will I know the results of my colonoscopy?

Visual results will be given immediately, both verbally and in writing, with you and whoever you address (as you may not remember the results clearly after anesthesia). If biopsies were taken, the results of your pathology will be mailed to you and sent to your referring physician within two weeks of your procedure. Please call our office if you do not receive your biopsy results in the mail.

What are the possible risks of a colonoscopy? Complications are very rare. Risks include, but are not limited to: undetected polyps, inability to complete the procedure, perforation, bleeding, and complications from anesthesia. If a complication occurs, it will be treated appropriately, including medications, additional procedures, and, if necessary, hospitalization.