

Colonoscopy Preparation Instructions – SUPREP FULL TWO (2) DAY PREP + 7 DAYS DAILY MIRALAX

Please read carefully 10 days before your procedure.

IF YOU ARE ON BLOOD THINNERS (COUMADIN, PLAVIX, etc.), INSULIN OR OTHER DIABETIC MEDICATIONS, PLEASE LET US KNOW AND CHECK WITH YOUR PRIMARY OR REFERRING PHYSICIAN FOR INSTRUCTIONS.

General Endoscopy Information

- Do not chew gum or suck on hard candy the day of your procedure.
- You must have a responsible adult to accompany you home after the procedure. This person must pick you up in the endoscopy unit. If you do not have a responsible adult to accompany you home, your procedure will be cancelled.
- You may not operate a motor vehicle for the remainder of the day following your procedure.
- You may not take a taxi, Uber or bus home unless accompanied by a responsible adult.
- If your insurance company requires a REFERRAL, YOU MUST BRING IT WITH YOU. Also, please bring your current insurance card(s), copay (if applicable), and a current picture ID with you on the day of your procedure.
- Our office will contact your insurance carrier to verify coverage and, if required, obtain preauthorization for your procedure. However, preauthorization is not a guarantee of payment and you will be responsible for any deductibles, copays, co-insurance, and/or any other plan specific out-of-pocket expenses.
- Dependent upon your family history, personal history, prior gastroenterology diagnoses, or findings discovered during your colonoscopy, your procedure may be considered preventative or diagnostic. This determination will not be made until after the procedure has concluded and will be based upon the findings of your exam. In our experience, many insurance carriers cover preventative and diagnostic colonoscopies differently, and as a result, your out-of-pocket payment may also differ. If you have any questions about your coverage, please contact your insurance carrier directly.

If you have any questions, please contact your GI physician's office during normal business hours.

Preparation Instructions

Nine (9) days before the procure date:

1. **Daily MiraLAX – you will need to purchase a bottle of MiraLAX from any pharmacy.**

This is over the counter and does not require a prescription.

- a. Please take one scoop (mixed in an 8 oz. glass of water) once daily for 7 days prior to your 2-day prep.
- b. Avoid any salads or high fiber foods including wheat bread, nuts, seeds, popcorn, and fiber supplements.

- c. Fill your prescriptions for your bowel prep. You should have two SuPrep prescriptions.

You will be prescribed two (2) full SUPREP Bowel Prep Kits . Each kit contains 2 six-ounce bottle of solution. Two (2) days before your procedure you will drink both 6-ounce bottles from the first kit. 1 day before your procedure you will drink one, and the last bottle you will drink the morning of your procedure - detailed instructions below. Please be sure to follow instructions closely - and to drink plenty of water as recommended to stay hydrated.

Two (2) days before the procedure: Full Dose – 2 bottles of Suprep in one night – starting at 4:00 p.m. and again at 7:00 p.m.

1. *Drink only clear liquids the entire day.* No solid food should be taken. Clear liquids include: water, clear soup or broth, apple juice, white grape juice, pulp free lemonade, sprite, ginger-ale, coffee or tea without milk or nondairy creamers, plain Jell-) (no added fruit or toppings, no red, purple, or blue Jello-O).
2. **4:00 p.m.** – Complete steps 1 through 4 using (1) 6-ounce bottle starting at **4:00 p.m.**:
 - a. Step 1: Pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container.
 - b. Step 2: Add cool drinking water to the 16-ounce line on the container and mix.
 - c. Step 3: Drink ALL the liquid in the container.
 - d. Step 4: You must drink two (2) more 16-ounce container of water over the next 1 hour.
3. *No solid food should be taken during or after the prep.*
4. **7:00 p.m.** – Repeat all 4 steps again with another 6-ounce bottle of Suprep.

One (1) day before the procedure: Split dose – one bottle of Suprep starting at 5:00 p.m.

1. *Drink only clear liquids the entire day.* No solid food should be taken. Clear liquids include: water, clear soup or broth, apple juice, white grape juice, pulp free lemonade, sprite, ginger-ale, coffee or tea without milk or nondairy creamers, plain Jell-) (no added fruit or toppings, no red, purple, or blue Jello-O).
2. **5:00 p.m.** – Complete steps 1 through 4 using (1) 6-ounce bottle starting at **5:00 p.m.**:
 - a. Step 1: Pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container.
 - b. Step 2: Add cool drinking water to the 16-ounce line on the container and mix.
 - c. Step 3: Drink ALL the liquid in the container.
 - d. Step 4: You must drink two (2) more 16-ounce container of water over the next 1 hour.
3. *No solid food should be taken during or after the prep.*

The day of your procedure: Split dose – final bottle of Suprep – 5 hours before your scheduled procedure start time. You may need to wake up early to do this at the proper time.

1. 5 hours before your procedure time: Start 2nd dose of SUPREP and complete steps 1-4 using the other 6-ounce bottle:
 - a. Step 1: Pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container.
 - b. Step 2: Add cool drinking water to the 16-ounce line on the container and mix.
 - c. Step 3: Drink ALL the liquid in the container.
 - d. Step 4: You must drink two (2) more 16-ounce container of water over the next 1 hour.

2. NOTE: You must finish drinking the final glass of water at least 4 hours, or as directed before your procedure.

1. It is important that you finish the remaining dose at least **4 hours** before your scheduled procedure.
2. **Do not take anything by mouth** starting **4 hours** before your procedure.
3. *Do not eat hard candy or chew gum.*
4. Wear comfortable clothing that is easy to remove and leave jewelry at home.
5. Report to the Outpatient Procedure Suite, on the 1st floor of the Main Hospital.
6. Once you enter the Endoscopy Suite, you will be asked to put on a hospital gown. A nurse will review your medical history with you (Bring a list of your current medication, allergies, and a copy of your recent EKG). An intravenous line (IV) will be started for your sedation during the procedure.
7. *When your procedure is done, you will remain in the recovery room for up to 1 hour.*
8. Your doctor will discuss the results of your procedure with you and give you a written copy of the report.

** It is not uncommon for individuals to experience bloating or nausea when drinking a solution. If vomiting or other symptoms concern you, please call your GI physician's office normal business hours.*

CLEAR LIQUID DIET	
<p><u>THESE ITEMS ARE ALLOWED:</u></p> <p>Water</p> <p>Clear broth: beef or chicken</p> <p>Juices</p> <ul style="list-style-type: none"> • Apple juice or cider • White grape juice, white cranberry juice • Tang • Lemonade <p>Soda (clear color)</p> <p>Tea</p> <p>Coffee (without cream)</p> <p>Clear gelatin (without fruit)</p> <p>Popsicles (without fruit or cream)</p> <p>Italian ices</p>	<p><u>THESE ITEMS ARE NOT ALLOWED:</u></p> <p>Milk</p> <p>Cream</p> <p>Milkshakes</p> <p>Tomato juice</p> <p>Orange juice</p> <p>Cream soups</p> <p>Any soup other than the listed broth</p> <p>Oatmeal</p> <p>Cream of Wheat</p> <p>Grapefruit juice</p>

PLEASE NOTE: It is extremely important to follow the preparation listed above, so that the doctor will be able to see your entire colon. Your colon must be clear of any stool. Inadequate preparation limits the value of this procedure and could necessitate rescheduling of the examination.

*** If you need to reschedule or cancel your appointment, please call you GI physician's office.**

FREQUENTLY ASKED QUESTIONS:

My procedure is in the afternoon. Can I eat in the morning?

A: No period to ensure your safety during the procedure, it is important that the stomach is empty. Any food or liquid in the stomach at the time of the procedure places you at risk of aspirating these contents into the lung leading to a serious complication called aspiration pneumonia. You can drink water until 4 hours before your procedure time.

I ate breakfast (lunch or dinner) the day before my colonoscopy. Is that okay?

A: If the preparation instructions were not followed properly, residual stool may remain in the colon and hide important findings from the examining physician. In some cases if the colon preparation is not good, you may have to repeat the preparation and the exam. *If you accidentally eat any solid food the day before your exam, please call and ask to speak with a member of the nursing staff. You may be asked to reschedule your procedure.*

I don't have a ride. Is that okay?

A: No. If you do not have a responsible adult to accompany you home, YOUR PROCEDURE WILL BE CANCELLED.

How many days prior to the procedure should I discontinue my Coumadin, Plavix or other blood thinning medications?

A: If you are taking any blood thinning medications please let your endoscopist know. Generally speaking, you should quit taking your blood thinning medication 5-7 days prior to some procedures; however, you must check with your endoscopist and your prescribing physician to ensure that it is needed and safe for you to do so.

What medications can I take the day before and the day of my procedure?

A: The day prior to your procedure take your medications the way you normally would. However, for those patients taking any type of bowel cleansing preparation, be advised that you may undergo a prolonged period of diarrhea that may flush oral medications out of your system before they have time to take effect. *The morning before your procedure you should take any blood pressure or heart medications you may be on with a small sip of water.* You can hold most other medications and take them once your procedure has been completed. If you have questions about specific medication(s), please call a member of our clinical staff.

I am diabetic. Do I take my insulin?

A: You must direct the question to the physician who placed you on this medication. Please check your blood sugar the morning of your procedure as you normally would. If you have any questions about your diabetes management in conjunction with your fast for your endoscopic procedure, please consult your primary physician.

I am on pain medication? Can I take it prior to my procedure?

A: Many prescription pain medications can adversely affect the medications we use for sedation and for that reason we recommend that the day of your procedure you delay taking your pain medication until after your procedure has been completed. If you have any questions, please call a member of our clinical staff.

I'm having a menstrual period. Should I reschedule my colonoscopy appointment?

A: No. Your menstrual period will not interfere with your physician's ability to complete your procedure.

May I continue taking my iron tablets?

A: No. Iron may cause the formation of dark color stools which can make it difficult for the physician to complete your colonoscopy if your preparation is less than optimal. We recommend you stop taking your oral iron supplements at least one week prior to your procedure.

I have been on Aspirin therapy for my heart. Should I continue to take it?

A: Aspirin may affect blood coagulation. Please check with your endoscopist and prescribing physician.

I am having a colonoscopy tomorrow. I started my colon preparation on time but now I am experiencing diarrhea and/or a bloating feeling. What should I do?

A: Nausea, vomiting and a sense of fullness or bloating can occur any time after beginning your colon preparation. However, it is important that you drink all the preparation. For most people, taking an hour break from the preparation will usually help. Then continue taking the preparation as ordered. If the vomiting returns or symptoms get worse, please call your physician.

If you have any questions or concerns, please don't hesitate to call.

Sincerely,

Inova Gastroenterology Team