

# Colonoscopy Preparation Instructions

## SUPREP

Patient Name: \_\_\_\_\_

Procedure Date: \_\_\_\_\_ Check-In Time: \_\_\_\_\_ am / pm  
(CIRCLE ONE)

Location: \_\_\_\_\_ Dr. Name: \_\_\_\_\_

### About Your Colonoscopy:

A colonoscopy is a procedure your doctor will perform to examine the lining of your colon (large intestine). The doctor will insert a flexible tube into the rectum and through the colon, looking for abnormalities. Prior to the procedure, you may be given a sedative and pain medication through an IV. Following the procedure, you may be groggy for a few hours and therefore, should not schedule anything else for the remainder of the day. You are NOT allowed to drive for the remainder of the day. It is recommended to have a person over the age of 18 stay with you for 6-8 hours after the procedure.

Please note, it is your responsibility to contact your insurance company about coverage and cost for your upcoming colonoscopy procedure. Sometimes colonoscopies result in a cost to the patient. Be sure to state to the insurance company when you last colonoscopy was and if you have a personal history or family history of colon cancer or polyps.

### Appointment Considerations:

- **DO NOT DRINK ANYTHING FOR 2 HOURS BEFORE YOUR ARRIVAL TIME.**
- Plan to be at our facility for at least 2 hours. Please read the prep instructions on page 2 THOROUGHLY.
- **YOU MUST HAVE A DRIVER 18 YEARS OF AGE OR OLDER WHO WILL ACCEPT RESPONSIBILITY AND DRIVE YOU HOME.** They will need to be within a 15-minute driving distance of our facility. They will be notified when your procedure is over and MUST be present at the time of discharge to receive instructions and teaching.
- You are **NOT allowed to take a bus, taxi, Uber/Lyft, Access a Ride, walk home, etc.** Your driver will be asked to sign our discharge paperwork indicating that they are driving you home; if you are utilizing a paid medical driving service, please call ahead to ensure the driver will sign our discharge paperwork.
- **If you DO NOT have a ride, your procedure will be cancelled or rescheduled.**
- Please bring a list of your current medications (including non-prescription) and allergies. If you have not completed the online registration, then please bring your **PHOTO ID** and **INSURANCE CARD**.

### Cancelling / Rescheduling:

If you need to cancel or reschedule your appointment, you **MUST** do so three business days prior to your appointment date, or a \$150 cancellation fee may be assessed.

### Gastroenterology of the Rockies patient belongings and valuables policy:

Patients and visitors are responsible for all belongings. We recommend you bring only essential items to your procedure. Gastroenterology of the Rockies is not responsible for replacing lost or misplaced items.

### Please check in using the **WHITE PHONE** located in the lobby – the receptionist is unable to check you in

- Boulder – Located to your left as you walk through the 2nd automatic door, next to the door with a stop sign.
- Lafayette – Located to the right of the receptionist's desk.
- Lakewood – Located to the left of the door in the endoscopy waiting room.
- Longmont – Located on a small table on the east side of the partition in the lobby.
- Northglenn – Located in Suite 320 on the wall directly to the right of the desk.

# SUPREP Preparation

## Instructions

### 5-days before your exam:

- Discontinue medications containing iron.
- If on blood thinners, please call our office and consult prescribing physician for possible dose alterations (Coumadin, Warfarin, Pradaxa, Xarelto, Eliquis).
- If you are diabetic and need additional instructions, please call **303.604.5000** and request to speak with a nurse.

### 3-days before your exam:

- Purchase the bowel prep from the pharmacy. You may also want to purchase alcohol free wipes to ease skin irritation during the prep.

### 2-days before your exam:

- Begin a low-fiber diet and discontinue fiber supplements; see “Diet and Tips” page for more information.

### 1-day before your exam:

- The day before your procedure, you may have a light, low-fiber breakfast before **9am**. After **9am**, begin a clear liquid diet; see the “Diet and Tips” page for more information.
- At **4pm**-Mix prep according to 4-step process below:



**Step 1**  
Pour **ONE (1)** 6-ounce bottle of SUPREP liquid into the mixing container.



**Step 2**  
Add cool drinking water to the 16-ounce line on the container and mix.

**Note:** Be sure to dilute SUPREP as shown before you drink it.



**Step 3**  
Drink **ALL** the liquid in the container.



**Step 4**  
You **must** drink two (2) more 16-ounce containers of water over the next 1 hour.

**Note:** You **MUST** finish drinking the final glass of water at least **2 hours**, or as directed, before your **arrival time**.

**\*\* SUPREP must be taken in a split dose fashion, half taken the evening before your procedure and half taken the morning of the procedure \*\***

### The day of your procedure:

- You may take your morning medications with a sip of water.
- **NO SOLID FOODS**
- Beginning **4 hours** prior to your **arrival time**, you will drink the second half of the prep following the four steps above. You may continue to drink additional clear liquids until **2 hours** prior to your **arrival time**.
- You **MUST** be finished with the prep **2 hours** prior to your **arrival time**.
- You **MUST STOP** drinking clear liquids **2 hours** before your **arrival time**.
- Do not use marijuana the day of your procedure.

**\*\*\*** If you feel the prep is not working, please consult the Colon Cleansing Tips section on the Diet and Tips sheet **FIRST**, then call our office at 303.604.5000 if you still have concerns **\*\*\***

## SUPREP Preparation

# Diet & Tips

**Bowel Preparation (cleansing) is necessary to perform a high-quality colonoscopy. Any stool remaining in the colon can hide lesions and result in the need to repeat the procedure.**

## **High fiber foods to AVOID starting 2-days before procedure:**

- Nuts, seeds, dried fruits, raw vegetables, beans
- Whole-grain cereals, oatmeal

## **Low-Fiber Diet:**

- White bread, white rice, pasta, skinless potatoes, plain crackers, low fiber cereals
- Fish, white meat chicken, eggs, creamy peanut butter, tofu
- Cooked carrots, cooked green beans, cooked spinach, applesauce, bananas, canned peaches
- Milk, plain yogurt, cheese

## **Clear Liquid Diet:**

**If you can see through it, you can drink it. NO RED OR PURPLE DYES**

- Sports drinks, clear sodas, juices without pulp, water, teas, black coffee
- Clear broths, gelatin, popsicles
- Clear hard candies (not red or purple)
- **NO ALCOHOL, NO DAIRY PRODUCTS**

## **Colon Cleansing Tips:**

- Stay near a toilet after you start the prep, you WILL have diarrhea.
- Drinking the prep through a straw can make the prep more tolerable. **DO NOT ADD ICE.**
- Use a lemon or lime wedge to suck on between glasses.
- If you feel nauseous or vomit, rinse your mouth with water and take a 30-60 minute break, then continue drinking the solution.
- Use alcohol-free wipes or hemorrhoid creams to ease skin irritation.
- You may see excellent results after the first half of the solution; however, you still need to complete the 2<sup>nd</sup> half of the solution.
- It is always a good idea to hydrate yourself with water between doses, however, you **MUST STOP** consuming any liquid **2 hours** prior to your **arrival time**.
- If you have completed your prep and the stools are **NOT CLEAR OR YELLOW**, contact us at **303.604.5000**.

## Colonoscopy Costs

Boulder · Broomfield  
Denver · Lafayette · Lakewood  
Longmont · Northglenn



**Gastroenterology  
of the Rockies**

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