

## Colonoscopy Anesthesia Bowel Prep Instructions (Suprep)

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

Procedure date: \_\_\_\_\_ Check in at \_\_\_\_\_ am/pm

At \_\_\_\_\_ Hospital with Dr. \_\_\_\_\_

### About 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 procedures, you will be given anesthesia through an IV. Following the procedure, you will 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 who is over the age of 18 to stay with you for 6-8 hours after your procedure.

### What to bring and do prior to procedure:

- Please bring your PHOTO ID and INSURANCE CARD.
- Please bring a list of your current medications (including non-prescription) and allergies.
- **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, Access a Ride, walk home, etc.** **If you do not have a ride your procedure will be cancelled or rescheduled.**
- You should plan on being at the hospital for approximately 2.5 to 3 hours.
- Read prep instructions THOROUGHLY.
- **8 HOURS PRIOR TO CHECK IN TIME STOP EVEN WATER. NOTHING BY MOUTH.**

**If you need to cancel or reschedule your appointment, you MUST do so 3 business days prior to your appointment date or a cancellation fee may be assessed.**

PLEASE CHECK IN AT REGISTRATION DESK WHEN YOU ARRIVE AT THE HOSPITAL.

## Suprep Prep Instructions

### 5 days before your exam:

- Discontinue fiber supplements and medications containing iron.
- Begin a low-fiber diet. \*\*See DIETS, TIPS & FAQ's\*\*
- 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, please contact our office for instructions. **303.604.5000**

### 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.
- Continue the low-fiber diet. \*\* See DIETS, TIPS & FAQ's \*\*

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

### 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 DIETS, TIPS & FAQ's \*\*
- At **4pm**- Mix prep according to 4 step process below:
  - Step 1:** Pour ONE 6-ounce bottle of SUPREP liquid into the mixing container provided.
  - Step 2:** Add cool drinking water to the 16-ounce line on the container and mix.  
**\*\*\* SUPREP MUST BE DILUTED PRIOR TO DRINKING \*\*\***
  - Step 3:** Drink all of the liquid in the container.
  - Step 4:** You **MUST** drink 2 more 16 ounce containers of water over the next 1 hour.

**\*\*\* You may or may not have a bowel movement after the first half of prep \*\*\***

- Beginning **10 hours** prior to your check in time you will drink the second half of the prep following the 4 steps above.
- You **MUST** be finished with the prep **8 hours** prior to your check in time.

### The day of your procedure:

- You may take your morning medications with a sip of water with exception of blood thinners.
- **8 HOURS PRIOR TO CHECK IN TIME NO FOOD OR DRINK.**

**\*\*\* If you feel the prep is not working, please consult the Colon Cleansing Tips section on the "DIETS, TIPS & FAQ's" sheet FIRST, then call our office at 303.604.5000 if you still have questions/concerns. \*\*\***

## DIETS, TIPS & FAQ's

**Bowel Preparation (cleansing) is needed to perform an effective procedure. Any stool remaining in the colon can hide lesions and result in the need to repeat the procedure.**

High fiber foods to **AVOID** starting 5 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 skinless chicken, eggs, creamy peanut butter, tofu
- Cooked carrots, cooked green beans, cooked spinach, applesauce, bananas, canned peaches
- Milk, plain yogurt, cheese

Light Low-Fiber Diet:

- White bread, low-fiber cereals
- Eggs, tofu
- Bananas, applesauce
- Milk, 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.
- Chilling the solution in the refrigerator or drinking through a straw can make the prep more tolerable. DO NOT ADD ICE.
- Adding Crystal Light© (no red/purple dye) packets to individual glasses of solution instead of the packets provided may make the solution more palatable.
- 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 minute break, then continue drinking the solution.
- Use alcohol-free wipes or hemorrhoid creams to ease skin irritation.

- You may see results after the first half of the solution; however it may take the entire prep to have the desired outcome.
- It is always a good idea to hydrate yourself with water between doses. However, you **MUST STOP** consuming any liquid **6 hours** prior to your procedure.
- If you have completed your prep and the stools are not clear or yellow, you will need to purchase a bottle of Magnesium Citrate (avoid the red, cherry flavor) from the pharmacy or grocery store. If after you have consumed the bottle of Magnesium Citrate and continue to have little or no results, contact our office at **303.604.5000**.