

**COLONOSCOPY BOWEL PREPARATION INSTRUCTIONS
SUPREP-CONSTIPATION PREP**

Patient Name: _____

Procedure date: _____ Check in at _____ am/pm

At our _____ facility 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 procedure, you will be given a sedative and pain medication 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 over the age of 18 stay with you for 6-8 hours after the 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, Uber/Lyft, Access a Ride, walk home, etc.**

If you do not have a ride, your procedure will be rescheduled.

- You should plan to be at our facility for at least 2 hours.
- Read prep instructions THOROUGHLY.
- **DO NOT DRINK ANYTHING FOR 3 HOURS BEFORE YOUR PROCEDURE.**

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

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 in, 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 partition in the lobby.
- Northglenn - located on the wall straight ahead as you walk in the door.

SUPREP PREP 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, 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.

2-days before your exam:

- Discontinue fiber supplements and begin a low fiber diet.
** See DIETS, TIPS & FAQ's **

1-day before your exam:

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

- 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 two 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 *****
 - **Step 5:** Drink a 10 oz bottle of Magnesium Citrate. You may mix it with Sprite or Ginger Ale (*Do Not take if you have heart or renal failure*).

The day of your procedure:

- You may take your morning medications with a sip of water with the exception of blood thinners.
- **NO SOLID FOODS.**
- Beginning **5 hours** prior to your procedure time, you will drink the second half of the prep following the four steps above.
- You **MUST** be finished with the prep **3 hours** prior to your procedure time.
- You **MUST STOP** drinking clear liquids **3 hours** before your procedure.

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

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.

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 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.
- Chilling the solution in the refrigerator or drinking through a straw can make the prep 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 **3 hours** prior to your procedure.
- If you have completed your prep and the stools are not clear or yellow, please contact our office at **303.604.5000**.