Instructions for Colonoscopy Preparation (SUPREP)

A WEEK PRIOR TO PROCEDURE:

Discontinue Aspirin and Aspirin containing products, Aggrenox (aspirin/diprydamole), Advil and Vitamin E for 7 days prior to your scheduled procedure. Stop naproxen (Aleve), celecoxib (Celebrex), ibuprofen (Motrin), valdecoxib (Bextra) or other arthritis medications for 3 days prior to your procedure. Tylenol (acetaminophen) is permitted.

If you are on any sort of blood clotting medication, your primary care physician or your cardiologist should approve you stopping the medicine. The following are the drugs that will require some individualized instructions: Please stop COUMADIN (Warfarin) 4 days prior to your procedure, PLAVIX (Clopidogrel) 7 days prior to your procedure. Contact the physician that prescribes this medication for you for their approval before you stop. Please ask for special instructions if you take Pletal (cilostazol), Ticlid (ticlopidine), Pradaxa (Dabigatran etexilate) or any other medication that affects blood clotting.

Please stop IRON supplements (Ferrous Sulfate) 7 days before your procedure.

Avoid seeds, nuts, corn, popcorn for three days prior to procedure,

DAY BEFORE THE COLONOSCOPY

CLEAR LIQUIDS ALLOWED (NO SOLID FOODS): Water, Black coffee, tea (no creamers, sugar OK), soft drinks, grape/apple juice, white cranberry juice, Soda, Gatorade, popsicles, Strained fruit juices without pulp (apple, white grape juice, white cranberry juice), plain Jell-O (No red), popsicles (no red), beef or chicken bouillon (no broth),Tang/Kool-Aid and hard candy. **(NO ALCOHOL): *Do not drink any liquid that is RED***

LIQUIDS NOT ALLOWED: Do not drink anything red. Do no drink orange juice, tomato juice and milk or dairy products.

Continue taking all your regular medications except those instructed above.

Consider applying Desitin or Calmoseptine to your perianal area to minimize irritation and discomfort during the bowel prep.

Begin a clear liquid diet at 7 AM. Drink at least 8 glasses of water during the day to avoid dehydration. At 6 pm, pour one (1) 6 oz. bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16 oz. line on the container and mix. Drink all the liquid in the container. You must drink two (2) more 16 oz. containers of water over the next one (1) hour.

The prep is more easily tolerated if chilled and taken with a straw. Feelings of bloating, nausea or chills are common after the first few glasses. This is temporary and will decrease once bowel movements begin. If the nausea worsens, stop drinking the solution for 30 minutes, then resume drinking every 15 minutes as before.

DAY OF YOUR COLONOSCOPY

At least seven hours before the exam, repeat these steps. Pour one (1) 6 oz. bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16 oz. line on the container and mix. Drink all the liquid in the container. You must drink two (2) more 16 oz. containers of water over the next one (1) hour and be sure to finish the prep at least 6 hours before the exam.

You MUST FINISH drinking all liquids (PREP AND WATER) at least 6 hours prior to your scheduled time, or the procedure will be delayed.

You can take your blood pressure and heart medications with a sip of water, 6 hours prior to the colonoscopy.

If you are DIABETIC, do not take your oral diabetes medications the day of your procedure. Bring them with you so that you can take them after your procedure.

If you are DIABETIC and you take INSULIN, take half of your evening dose the day before your procedure. DO NOT TAKE ANY INSULIN THE MORNING OF YOUR PROCEDURE.

Call if you have questions regarding any of these instructions.

Report to the hospital one hour prior to the procedure. Ask the front desk for directions to the preoperative holding area.

Bring a list of your current medications (including dosages), a picture ID and insurance card with you.

BRING SOMEONE TO DRIVE YOU HOME AFTER THE PROCEDURE. YOU MAY NOT DRIVE YOURSELF OR TAKE A TAXI. (Your total time at the hospital should be approximately around 3-4 hours)