

**SUPREP COLONOSCOPY PREP INSTRUCTIONS**

**\*\*Try to avoid fruits and vegetables for 2 days before colonoscopy\*\***

**Medications that need to be stopped FIVE (5) days before procedure:** Asprin, Plavix(clopidogrel), Coumadin(warfarin), and NSAIDS (Motrin, Advil, Naproxen, Celebrex, Ibuprofen)

Tylenol, Precocet, Vicodin, Tramadol(Ultram), Oxycontin are OKAY and can be continued.

ONLY FOR DIABETICS: DO NOT insulin or diabetes medications on the day of the procedure.

Avoid SUGAR-FREE items on the day before procedure, otherwise you will have low blood sugar.

**INSTRUCTIONS FOR THE DAY BEFORE THE COLONOSCOPY:**

***You MUST remain on a CLEAR liquid diet the entire day before your procedure.***

Clear liquids include: Water, strained fruit juices (no pulp) apple, white grape or white cranberry, limeade or lemonade, coffee or tea (but do not use any milk/cream, you may use sugar or lemon), chicken broth, soda, Gatorade (yellow only), popsicles (no red), Jell-o(no red). Please do not have any dairy products or anything red in color. You can suck on hard candies but again no reds. Also, you can use alcohol-free wipes or Vaseline to prevent any anal skin irritation.

**At 5:30 pm Mix first dose of Suprep *\*\*take 2 Dulcolax & 2 Simethicone Tabs\*\****

- Empty 1 bottle of liquid prep into the 16oz container that is supplied.
- Add cold drinking water to the marked line of the container.
- Drink contents w/in 1 hour. Using a straw will help.
- Drink 32 oz of plain water over the next 3 hrs.

**THE DAY OF THE COLONOSCOPY:**

***\*\*DO NOT eat or drink anything EXCEPT the preparation and water\*\****

***6 hrs prior to your exam: \_\_\_\_\_am. \*\*Take 2 Dulcolax and 2 simethicone tabs\*\****

**\*\*REPEAT THE 4 STEPS FROM THE ABOVE PARAGRAPH\*\***

**3 hours before your exam:**

- **DO NOT** take anything by mouth during this time (this includes any food, water, tobacco products, candies, etc)
- You **CANNOT** drive for the whole day, so you will need a ride
- Take **ONLY** your blood pressure & seizure medications with a tiny sip of water.
- **Remove ALL jewelry!**
- If you have asthma, bring your inhalers.

\*\*\*\*\*IMPORTANT\*\*\*\*\*

5 days advanced notice is needed in case of cancellation/rescheduling of your procedure OR a fee of \$100.00 will be billed to the patient.

YOU ARE RESPONSIBLE FOR CHECKING YOUR FULL COVERAGE WITH INSURANCE CARRIER BEFORE SCHEDULING ANY OUTPATIENT PROCEDURE!

**Colonoscopy code: 45378      Endoscopy code:43235**