

COLONOSCOPY: SUPREP INSTRUCTIONS

Name:

Check-In Time:

Appointment date:

Appointment time:

Location:

- For questions, contact the Digestive Diseases Clinic at 214-645-0595 from 8 am to 5 pm Monday to Friday. After 5 pm, you will reach the on-call physician at 214-645-0595.
- Bring your insurance card and a picture ID, leave all other valuables home, and expect the procedure to take about 3 to 4 hours.
- Children under 12 are not allowed in the waiting room. Please make other childcare arrangements.
- You **MUST** have a responsible adult to take you home. We cannot let you leave on your own or in hired transportation (such as a cab or a ride-hailing service). Your responsible party will be notified in the waiting area or called when you are ready to leave.
- If you have diabetes and taking insulin, please call your prescribing physician for instructions.
- Please inform our office at least **14 days** before your procedure date if you are taking any of the following **blood thinners**: warfarin (Coumadin), clopidogrel (Plavix), prasugrel (Effient), dipyrida-asa (Aggrenox), dipyridamole (Persantine), ticagrelor (Brillinta), cilostazol (Pletal), ticlopidine (Ticlid), pentoxifylline (Trental), anagrelide (Agrylin), edoxaban (Savaysa), fondaparinux (Arixtra), dabigatran (Pradaxa), betrixaban (Bevyxxa). You may require further instructions.
- If you are taking **weight loss medications**, please HOLD them as noted below:
 - 7 days before the procedure: Adipex, Lomira, Qsymia (combo with topiramate), Belviq
 - 3 days before the procedure: Bontril, Melfiat, Plenity
 - The morning of the procedure: Vyvanse
- You will receive a call from the pre-surgery testing nurse approximately 5 - 7 days before your procedure. If you pass their pre-screen and have been fully vaccinated, you will not be required to take a COVID-19 test.
- If you do not pass the screen or have not been fully vaccinated then a COVID-19 test will be required 48 - 72 hours before your procedure.

- HOLD any NSAIDs, such as ibuprofen (Advil, Motrin), naproxen (Aleve), and over-the-counter herbs or supplements for **7 days** before the procedure to reduce the risk of bleeding.
- HOLD ferrous sulfate (iron supplement) or any multivitamin containing iron for **5 days** before your procedure.
- HOLD Imodium, and any anti-diarrheal meds, for **2 days** before your procedure.
- You **may drink only 20 ounces of clear liquids** (strained fruit juices without pulp, broth, water, Gatorade, Popsicles, Jell-O, coffee, or tea with no creamer) the morning of your procedure, **in addition to your colon prep.**
- If you become **nauseated** drinking the prep, you may take ondansetron (anti-nausea pill), as directed on the prescription.

5 days before the procedure date

- Go to the pharmacy and pick up your prescriptions – **Suprep** (colon prep) and **ondansetron** (anti-nausea pill).
- It is **OK** to keep taking aspirin

3 days before the procedure date

- Stop eating high-fiber foods that are hard to clean out, such as salads, broccoli, corn, greens, nuts, and seeds.

1 day before the procedure date

Drink **ONLY** clear liquids ALL DAY—NO SOLID FOODS.

- Drink at least 8 glasses of clear liquids throughout the day.
- **If you become nauseated**, take ondansetron (anti-nausea pill), as directed.
- **Starting at 4:00 pm:** Pour ONE (1) 6 oz. Bottle of SUPREP liquid into the mixing container. Add cool water to the 16-oz. line on the container and mix. Gulp the entire amount down. DO NOT SIP.
- **Drink an additional 32 oz.** Water as quickly as you can manage. DO NOT SIP.
- Stay near a toilet. Over the next several hours, you will have diarrhea, which can be sudden, which is the purpose of this process is to empty your colon.
- You may have skin irritation from frequent wiping with toilet paper. We recommend either Vaseline or Tucks Wipes to treat any tenderness.
- At night, take any prescription medication that you usually take.

Day of the procedure

- **Do NOT chew gum or eat mints the day of the procedure.**
- **Do NOT eat solid foods. Only clear liquids are allowed up to 4 hours before the procedure time.**

- **On the morning of the procedure**, take any prescription medication you usually take in the morning, unless our clinic or your prescribing physician has instructed you otherwise.
- **5 hours before appointment time: If you become nauseated**, take ondansetron (anti-nausea pill), as directed. Pour ONE (1) 6 oz—bottle of SUPREP into the mixing container. Add cool water to 16 oz—line on container and mix. Drink the entire amount. Drink an additional 32 oz. water over the next hour.
- You must drink all the prep at least **5 hours before** your procedure time
- You must stop drinking clear liquids **4 hours before** your procedure time
- You should be passing clear or clear yellow liquid from your rectum. If not, please call our office for further instructions.
 - Contact the Digestive Diseases Clinic, at 214-645-0595