

## Suprep for Colonoscopy

Your Colonoscopy Procedure is scheduled Date: \_\_\_\_\_ at Time: \_\_\_\_\_  
You should arrive at Time: \_\_\_\_\_ Location of Procedure: \_\_\_\_\_

**Please Note:** The arrival time is earlier than the procedure time. This will allow for preparation time. You MUST have a DRIVER to take you home. The driver must remain at the facility for the duration of your stay. If you do not have a driver present, your procedure will be canceled.

Confirmation of appointment: You will be called 7 days prior to your procedure. If we do not reach you, we will continue calling up until 3 days prior to your scheduled procedure.

**Please Note - If we do not receive a phone call from you, your procedure will be cancelled. You may leave a message at 828-254-0881 to confirm, cancel or reschedule.**

**\*If you take a blood thinner listed below follow your physician's instructions for when to stop:**

Pletal (cilostazol), Jantoven, Plavix (Clopidogrel), Coumadin, Warfarin, Persantine (Dipyridamole), Eliquis (Apixaban), Aggrenox, Xarelto, Pradaxa (Dabigatran).

\*If you are a diabetic with an insulin pump, please contact your endocrinologist to help manage your insulin.

### **1 Week Prior**

\*Purchase the following:

- Suprep Bowel Prep Kit which was called into your pharmacy.
- Clear liquids (no red or purple) such as broth, popsicles, tea, coffee, water, jello (lime, lemon, pineapple, banana or peach), Gatorade, soft drinks

**Four (4) days** before your Colonoscopy, Date: \_\_\_\_\_

STOP ALL Iron supplements or Multivitamins with Iron; Herbal and homeopathic supplements.

**CONTINUE:** Your medications for your heart, blood pressure, asthma, aspirin or other chronic medical conditions unless otherwise instructed by your physician. This is very important.

\*Please avoid foods with seeds, nuts, fruit/vegetables with skin and corn until after procedure.

\*Last chance to cancel your appointment. Call our office number at 828-254-0881, if you need to reschedule your procedure or have any questions.

**One (1) Day** Before Colonoscopy, Date: \_\_\_\_\_

The day before your Colonoscopy procedure, begin clear liquid diet in the morning. No solid food or milk products, avoid red or purple liquids.

\*Drink plenty of fluids today for hydration.

**\*If you are a diabetic:**

Insulin pump: Follow your endocrinologist instructions.

Oral diabetic: Take half your normal dose.

Insulin-dependent diabetic: Take half your normal dose.

**At 5:00pm:**

Pour 1 (6 oz) bottle of SuPrep liquid into the container provided. Add cold water to the 16oz. line. Drink ALL the liquid over an hour.

**At 6:00pm:** Follow prep dose with 2 more 16oz. cups of water over the next hour

\*If you experience nausea or vomiting take a 15-20-minute break, then continue drinking prep solution.

\*You may use Vaseline as needed for a sore bottom and your first bowel movement may take up to several hours to happen.

**The day of your Colonoscopy procedure, Date:** \_\_\_\_\_

\*6 hours prior to procedure STOP SMOKING and CHEWING TOBACCO.

\*Mix solution of second bottle as done previously

At 5 hours before your procedure Time: \_\_\_\_\_. Drink ALL of the liquid.

Drink 2 more 16 oz. containers of cold water over the next hour. (This should be completed 3 hours prior to your procedure.)

After your prep, the results should appear clear yellow or clear green liquid with no matter. If not, call the office at, 828-254-0881 and ask for the endoscopy nurse

**DO NOT have anything by mouth 3 hours before your procedure, Time: \_\_\_\_\_**

**No Gum, Mints, Hard Candy, or Chewing Tobacco 3 hours prior to your procedure.**

\*If you take Heparin or Lovenox: Do not take the day of your procedure.

\*If you are a diabetic, please hold all diabetic medications. You may bring them with you.

\*You may take your essential morning medications with a sip of water, 3 hours prior to your procedure.

**\*Be sure to bring the following:**

\*Responsible adult driver to stay with you and drive you home. Your procedure will not start without your driver present.

\*Insurance cards and photo I.D./ License.

\*Any co-insurance fees due