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## SUPREP INSTRUCTIONS Colonoscopy Bowel Preparation Instructions

Date of Procedure: \_\_\_\_\_ Time: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

**IT IS VERY IMPORTANT FOR YOU TO FOLLOW THE BOWEL PREPARATION FOR AN EFFECTIVE COLONOSCOPY. ANY STOOL REMAINING IN THE COLON CAN HIDE LESIONS AND RESULT IN THE NEED TO REPEAT THE EXAMINATION.**

A RESPONSIBLE PARTY HAS TO ACCOMPANY YOU FOR THE PROCEDURE OTHERWISE THE PROCEDURE CANNOT BE PERFORMED. YOU CANNOT DRIVE FOR THE ENTIRE DAY AFTER RECEIVING ANESTHESIA FOR YOUR COLONOSCOPY.

Every effort will be made to keep your appointment at the scheduled time, but in medicine, unexpected delays and emergencies may occur and your wait time may be prolonged. We give each patient the attention needed for his or her procedure.

The day of the colonoscopy, wear loose, comfortable-fitting clothes. Please do not wear jewelry and do not bring valuables.

### 5 days before your colonoscopy:

- 1) Read the preparation instructions
- 2) Stop herbals, vitamins, and oral iron supplements.
- 3) You will likely need to stop blood thinners, examples: Plavix and Coumadin. Please make sure the prescribing doctor and your gastroenterologist are aware of this.
- 4) Try to eat a LOW RESIDUE DIET (cut down on your fiber foods)
- 5) Arrange for a driver

### 2 days before your colonoscopy:

- 1) Purchase:
  - a. Suprep (by prescription only)
  - b. Gas tablets such as Gas-X (optional)
  - c. Dulcolax Laxative 5mg Tablets (over the counter)
- 2) **STOP** any anti-inflammatory medications, examples: Motrin, Advil, Ibuprofen, Aleve.
- 3) Celebrex and Tylenol are ok to use
- 4) **STOP** any aspirin 10 days prior

## **THE DAY BEFORE THE COLONOSCOPY on \_\_\_\_\_**

**NO SOLID FOOD OR ALCOHOL FOR THE ENTIRE DAY**  
**YOU MAY ONLY HAVE WHAT IS LISTED BELOW**

The **ENTIRE DAY** you must stay on a **CLEAR LIQUID DIET**. You should have as much **CLEAR LIQUIDS** as possible.

Clears liquids:

- Water
- Clear fruit juices (apple, white grape, white cranberry)
- Tea or coffee WITHOUT milk, creams, powder creamery
- Soda (7up, Sprite, Seltzer, Ginger ale)
- Chicken or beef bouillon
- Jell-O (NO RED, NO PURPLE)
- Italian ices or popsicles (NO RED, NO PURPLE)
- Gatorade (NO RED, NO PURPLE)

**At 4PM** Take (2) Dulcolax Tablets with a glass of water

**At 6PM**

- 1) Pour one of the Suprep bottles into the mixing container. Add cold water up to the 16 oz. line and stir to mix.
- 2) Drink all of the liquid in the container.
- 3) Using the same container, You **MUST** refill and drink **TWO** more 16 oz. containers of water or clear liquid of your choice over the next hour.

**7hrs PRIOR to procedure ( \_\_:\_\_ am), finish by 1 hour**

- 1) Pour the remaining Suprep bottle into the mixing container. Add cold water up to the 16 oz. line and stir to mix.
- 2) Drink all of the liquid in the container.
- 3) Using the same container, You **MUST** refill and drink **TWO** more 16 oz. containers of water or clear liquid of your choice over the next hour.
- 4) If you have rectal discomfort, apply diaper rash ointment.

**\*\*\*Make sure you have a driver assisting you the day of your procedure\*\*\*.**

**DAY OF THE EXAM on \_\_\_\_\_**

**NO SOLID FOOD or LIQUID**

- ❖ You may take your morning medications with only SIPS of water.
- ❖ Do not take your diabetes pills.
- ❖ If you have asthma, bring your inhaler with you.
- ❖ Do not eat or drink anything prior to the procedure.

**AFTER THE EXAM** You may eat your usual diet unless otherwise instructed. Drink 8 ounces of liquid at least 6 times after the procedure and before going to sleep.

## **What is a colonoscopy?**

Colonoscopy is a diagnostic procedure, which allows the doctor to visualize the lining of your large intestine (known as the colon). This is accomplished by using a colonoscope which is a long, thin, flexible tube with a light at the tip. If the doctor sees an abnormality, he can pass an instrument through the colonoscope and take a small piece of tissue (biopsy) for examination. Taking a biopsy causes no pain. The colonoscopy may be used as a means of treatment as well. If a colonic polyp (an abnormal growth of colonic tissue) is found, your doctor may be able to remove the polyp through the instrument. **Polyp detection rate by a colonoscopy is not a 100% accurate. There can be up to 7-10% miss rate of important lesions by the colonoscopy. The accuracy of colonoscopy for lesions will partly depend on the cleanliness of your colon. This is why a thorough preparation is extremely important.** The procedure should not be scheduled if you are traveling within 2 weeks after the examination.

**You will be sedated (sleeping) in order to minimize any discomfort you might experience during the procedure.**

**IF YOU TAKE ASPIRIN OR MEDICATIONS THAT HAVE ASPIRIN IN IT, ARTHRITIS MEDICATION, VITAMIN E OR IRON, PLEASE SEE THE PREPARATION INSTRUCTIONS TO KNOW WHEN TO STOP THEM.**

**IF YOU ARE ON BLOOD THINNER, IT IS EXTREMELY IMPORTANT THAT YOU TELL US.**

### **What to expect after the procedure:**

The procedure is usually well tolerated. There may be some discomfort during the colonoscopy, but is usually mild. In rare cases, passage of the colonoscope through the entire colon is not possible.

### **What to expect after the procedure:**

You might be sleepy for an hour or two after the procedure due to the medications given for sedation during the examination. You will expel gas since air is instilled in your colon during the procedure for adequate visualization. If a polyp is removed, further instructions will be given to you. You will be able to resume your diet after the colonoscopy unless you are instructed otherwise. Occasionally it is necessary to admit a patient after the procedure.

### **What are the complications?**

Colonoscopy and polypectomy is safe and is associated with very low risk when performed by physicians who have been specially trained and are experienced in these endoscopic procedures.

One possible complication is perforation in which a tear through the wall of the colon may allow leakage of intestinal fluids. This complications usually requires surgery but may be managed with antibiotics and intravenous fluids in selected cases.

Bleeding may occur from the site of biopsy or polyp removal. It is usually minor and stops on its own or can be controlled by cauterization (application of electrical current) through the colonoscope. Rarely, blood transfusions or surgery may be required.

Localized irritation of the vein may occur at the site of the intravenous catheter. A tender lump may develop. This lump could remain for several weeks to several months but it goes away eventually. Other risks include drug reactions and complications from unrelated diseases such as heart attack or stroke. It is extremely rare, but death remains a remote possibility.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL OUR OFFICE.**