

SUPREP

Please arrive 30 minutes before scheduled time unless otherwise instructed.

Please take a few moments to read over this entire pamphlet a few days before your procedure. Call us if you have any questions or concerns regarding your preparations for the procedure.

You must plan to have a licensed driver to take you home after the procedure or the procedure will be cancelled.

Medical Precautions

1. If you are taking Plavix, Pradaxa, Coumadin, Warfarin or any other blood thinners, you will need approval from your primary care physician or cardiologist that these medications can be temporarily stopped before the procedure. We prefer to discontinue Plavix 7 days and Coumadin/Pradaxa 3 days prior to the colonoscopy. Do not stop your medications until you have permission from your physician. Please notify us if you are on these medications.
2. Iron Tablets-stop 7 days prior to your procedure (multivitamins are okay)
3. Diabetes-Please consult with your primary physician for adjustments of medications and insulin.
4. Notify our office if you have Kidney Disease or Congestive Heart Failure.
5. Medications for high blood pressure, heart disease, asthma or breathing difficulty may be continued and taken the day of the procedure with a sip of water.

Day before procedure

- A. At 6:00pm you empty 1 Bottle of SUPREP in the mixing container. Add Cool drinking water to the 16oz line on the container and mix. Drink ALL the liquid. You must drink 2 more 16-ounce containers of water over the next 1 hour.
- B. Drink 16 ounce of the clear liquid of your choice. This is necessary step to ensure adequate hydration and an effective prep.

Day of Procedure

C. On the day of the procedure you must have nothing by mouth except the remainder of the PREP 4 hours prior.

Other information for day of procedure

1. You may take your medication for heart disease, high blood pressure, breathing difficulties before 6AM with a sip of water if you normally take them in the morning.
2. If your stool is not clear (yellow), please call our office for further instructions.
3. Arrive 30 minutes prior to appointment unless otherwise instructed.
4. Bring a licensed driver with you so we can review post care instructions with them and they can drive you home. You are not allowed to drive the day of the procedure.
5. You may bring socks to keep feet warm during procedure. Please do not lotions the day of the procedure.
6. Bring your insurance card and paperwork filled out included in this packet. Leave your valuables at home!

Clear Liquids

The day before the exam you will be on a clear liquid diet after a light breakfast. This is to insure that you are completely cleaned to perform a thorough exam.

You should drink:

- Broth, consommé, or bouillon
- Juices (white grape, apple, lemonade)
- Tea, coffee (do not add creamer or milk)
- Soft drinks such as colas, Dr.Pepper, Sprite
- Desserts-water ices, popsicles, Jello.

Do not drink anything that contains the colors RED, BLUE OR GREEN.

Frequently Asked Questions

How do I know the prep is adequate?

The stool should be watery in consistency but does not need to be completely clear in color because the digestive juices will continue to tint the stool yellow color. The stool should not be muddy or thick. Call our office if still not passing clear fluid in morning.

What side effects do I expect while taking prep?

The prep works by flooding the intestines. You may experience cramping, bloating, and chills, as well as nausea and vomiting. This is temporary. You may slow down until symptoms improve. You may feel weak; this feeling may be relieved by increasing your fluid intake. You should have all bathroom rights while prepping.

When can I eat solid food again?

You will be happy to know that you can eat again after the procedure! We will advise you before leaving the center on what foods are recommended after this procedure.