

Colonoscopy Preparation with SUPREP

Failure to follow these instructions may result in cancellation of your procedure.

1 WEEK PRIOR TO THE PROCEDURE

- **Arrange** transportation: Please see attached map/directions with the most up to date COVID escort policy.
- **If you are on a blood thinner**, a nurse from our office will contact you to discuss a holding plan. Please call our office if you have not heard from us about this 1 week prior to your procedure.
- **Aspirin 81 mg or less** – You may continue as normal. However, if taking over 81 mg, please inform your doctor.
- **Inform** your doctor if you have a pacemaker or other implantable electronic device.
- **If you are diabetic**, please refer to the separate instructions for adjustments to your medication.
- **STOP** Pepto-Bismol, iron supplements, and fish oil supplements. Multivitamins are OK.
- **AVOID** nuts, seeds, popcorn, and fiber supplements (Metamucil, Citrucel, etc.) for 3 days prior to scheduled procedure.
- **Purchase** simethicone (Gas X, gas relief) 125 mg tablets over the counter.

Cancellations: If you need to cancel/reschedule your procedure, please call our office at (206) 215-4250.

1 DAY PRIOR TO THE PROCEDURE

Take all your normal medications (this includes blood pressure and anxiety medications) unless otherwise instructed as above. Do not take any NSAIDs (naproxen, ibuprofen, aspirin, celecoxib, Aleve, Advil, Motrin, Excedrin, Celebrex). **Tylenol is OK.**

You may consume a light, low fiber breakfast until **12 PM**, e.g. a piece of white toast, 1 cup of yogurt and/or 1-2 eggs.

After 12 PM, you may have **ONLY CLEAR LIQUIDS** such as:

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| ✓ Black coffee or tea (sugar is OK) | ✓ Popsicles or Jell-O (not red or blue) | ✓ Bouillon/broth |
| ✓ Soda (clear or cola is OK) | ✓ Fruit juice: apple, white grape, or white cranberry | ✓ Water |
| ✓ Sports drinks: Gatorade; Pedialyte | | |

*Please **AVOID** drinking alcohol, dairy, and liquids that are red, blue, or purple in color.*

Prepare solution (SUPREP) as indicated and refrigerate – it will taste better when it is cold.

Between 4 - 6 PM begin drinking an 8 ounce glass of solution every 15 minutes until you finish 16 ounces of the container of SUPREP. **You must drink two (2) more 16 ounce containers of water over the next 1 hour.** When completed, mix 2nd part of the prep and refrigerate. Remember to continue drinking additional clear liquids to prevent dehydration from the diarrhea or dizziness from low blood sugar.

DAY OF THE PROCEDURE

Take all your normal medications (this includes blood pressure and anxiety medications) unless otherwise instructed as above. Do not take any NSAIDs (naproxen, ibuprofen, aspirin, celecoxib, Aleve, Advil, Motrin, Excedrin, Celebrex). **Tylenol is OK.**

At _____, take **2 simethicone (Gas X, gas relief) tablets, 125 mg each** (*purchase over the counter*) by mouth. Then **begin drinking** an 8 ounce glass of solution every 15 minutes until you finish the container of SUPREP. **You must drink two (2) more 16 ounce containers of water over the next 1 hour.** Your stool should be CLEAR YELLOW, like urine. Continue drinking clear liquids UNTIL three (3) hours prior your procedure.

At _____, **three (3) hours prior to procedure**, **STOP** taking anything by mouth, including gum, water, mints, and lozenges. Doing so may cause a cancellation of your procedure.

AFTER THE PROCEDURE

All patients must have a responsible adult (18 years or older) or approved Cabulance service available to take them home after procedure. Please refer the attached escort policy. It is important to arrange transportation per the policy provided. Patients without valid escorts may be turned away at time of procedure. **You CANNOT drive, walk, take a taxi / Uber / Lyft, use Hopelink, or take public transportation home WITHOUT a responsible adult with you.** It is very important that you have someone you trust to receive your discharge instructions. You should not plan to drive for at least 12 hours after your procedure. **AVOID** — Alcohol and sedatives for 24 hours after the procedure. If you had biopsies or polyps removed, please consult with your doctor when to resume blood thinners.