



Colonoscopy Bowel Preparation Instructions – SUPREP®

IMPORTANT If the bowel is not clean when you arrive to the Procedures Unit, your procedure will need to be rescheduled in order for us to obtain clear and complete colonoscopy results.



DISCUSS MEDICATIONS and any health conditions you have with your doctor. Your doctor will provide instructions for adjusting your medications prior to your procedure. Instructions may include the following changes:

- Stop medications that are for diarrhea (Imodium®, Kaopectate®) seven days prior to your procedure.
- You will need to temporarily discontinue blood thinners (e.g., Coumadin®, Plavix®, Eliquis®, Pradaxa®, Xarelto®) prior to your procedure. The length of time to stop your medication depends on the drug you are taking. Please consult your prescribing doctor.
- If you have diabetes, your medications may need to be adjusted. Please consult your prescribing doctor.
- Avoid iron or products that contain iron.
- Stop fiber supplements five days before colonoscopy.
- Take your usual morning medications (including blood pressure medications), at least four hours prior to your procedure with a small amount of water.



SCHEDULE your colonoscopy. Please discuss or request a referral from your primary care physician. The GI clinic will contact you with a date and time of your colonoscopy. You may be asked to have a consultation appointment with a GI doctor prior to scheduling a colonoscopy.

Procedure Date/Time: _____ Arrive to the procedure center one hour prior to appointment.



LOCATIONS Your colonoscopy will likely take place at one of two procedure locations:

- Eisenhower Health Endoscopy Services – Dolores Hope Building
39000 Bob Hope Drive, Rancho Mirage, CA 92270
760-834-7980
- Mirage Endoscopy Center
70-017 Hwy 111, Suite 2, Rancho Mirage, CA 92270
760-837-9210



TRANSPORTATION Arrange for a friend, family member or medical transport to drive you home after the colonoscopy, as you will still be drowsy from sedation and it is unsafe to drive.

- You must have an adult accompany you home the day of your procedure. The medical procedure staff must be able to contact whoever will accompany you. If this person cannot be confirmed prior to the procedure, your procedure will be rescheduled for your safety.
- Do not drive a car, operate machinery, or make any legal decisions until the day after your procedure.



Date: _____ **(THREE DAYS BEFORE PROCEDURE)**

Eat a low residue diet that limits high fiber foods.

FOODS YOU **MAY NOT EAT ON A LOW RESIDUE DIET:**

- Whole wheat or other whole grain breads, crackers, or rolls
- Cornbread or pumpernickel bread
- Cereals, oatmeal, granola
- Brown or wild rice
- Nuts, seeds, popcorn
- Raw or partially cooked vegetables and salads
- Raw or dried fruit
- Beverages with pulp
- Nutritional supplements that contain fiber
- Peppers, beans, corn
- Tough meat and meat items with skin

FOODS YOU **MAY EAT:**

- White bread, plain white flour crackers and potato rolls
- Cream of wheat/grits
- White rice
- Refined white pasta/noodles
- Fully cooked fresh or canned vegetables without seeds, including asparagus, beets, carrots, mushrooms, green beans, and potatoes (no skin)
- Bananas, soft cantaloupe, honeydew, avocado
- Canned fruits without seeds or skin
- Chicken, fish, beef, pork, skinless chicken or turkey, tofu, eggs
- Margarine, butters/oils, smooth sauces, and dressings
- Vanilla wafers, animal crackers
- Cakes, cookies, pudding, ice cream, all without nuts or seeds
- Hard candy, popsicles, yogurt, and cheese
- Anything on the **CLEAR LIQUID DIET**



Date: _____ **(ONE DAY BEFORE YOUR PROCEDURE)**

Eat only a clear liquid diet. A clear liquid diet consists only of liquids that you would be able to read a newspaper through.

CLEAR LIQUID DIET INCLUDES:

- Water, mineral water
- Clear fruit juices without pulp (apple, white grape, white cranberry, lemonade, etc.)
- Clear carbonated and non-carbonated soft drinks or sports drinks
- Clear, store-bought and >99% fat-free broth and soup (chicken, beef, vegetable, or bone broth)
- Popsicles, fruit ices, sorbet, or gelatin (such as Jell-O®), **not** red or purple
- Honey
- Sugar
- Coffee or tea (without milk or cream)

CLEAR DIET DOES NOT INCLUDE:

- Orange or pineapple juice
- Milk or dairy products
- Milk Shakes
- Malts
- Alcoholic drinks
- **This is a liquid diet. You may NOT EAT any of the foods listed on the LOW RESIDUE DIET, on page 2.**

PREPARING FOR YOUR PROCEDURE

IMPORTANT If the bowel is not clean when you arrive to the procedures unit, rather than giving you an incomplete and poor examination, your procedure may need to be rescheduled.



Date/Time: _____ **(ONE DAY PRIOR TO YOUR PROCEDURE)**

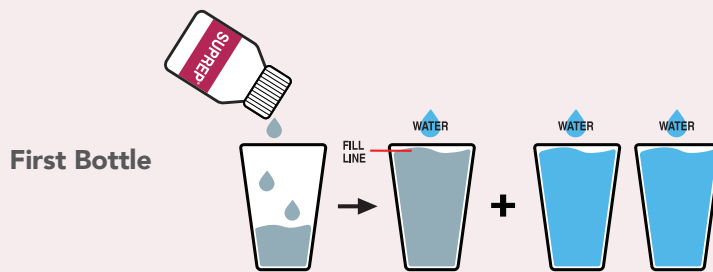
You should also take the colon prep medication. Please follow the instructions on your prescription.

YOUR BOWEL PREPARATION — SUPREP

- The kit comes with two six oz. bottles of medication and a 16-oz. drinking cup.
- When instructed, (see below) pour one six oz. bottle of SUPREP liquid into the supplied drinking cup, add cool drinking water to the FILL line on the cup, and mix carefully.

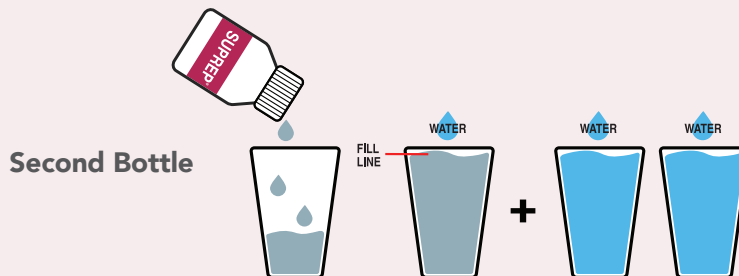
DRINKING YOUR BOWEL PREPARATION — DOSE ONE (Between 3 and 6 p.m. the day before your procedure)

- Drink the first diluted bottle as prepared below
- Drink two more 16 oz. containers of water over the next hour



DRINKING YOUR BOWEL PREPARATION — DOSE TWO (Start four to five hours prior to procedure, to be completed two to three hours prior to procedure.)

- Drink the second diluted bottle as prepared below
- Drink two additional 16 oz. containers of water over the next hour





☐ **STAY HYDRATED** with at least 12 tall glasses (about 8 to 10 ounces each) of clear liquids throughout the day in addition to what you drink with your bowel prep medication to prevent dehydration.

☐ **TIPS** while drinking bowel prep:

- Sip prep mixture through straw
- Add ice to your prep mixture
- Suck on hard candy (like a Jolly Rancher®) in between sips



Date: _____ **(TWO HOURS BEFORE YOUR PROCEDURE)**

You should **STOP DRINKING ALL CLEAR LIQUIDS AND MEDICATIONS.**

This means you should not have anything to drink two hours before your colonoscopy and onward.



WHAT TO EXPECT

- You will develop significant diarrhea after drinking the preparation. Plan to be near a bathroom. This is normal as it means the medication is working to clear stool from your colon.
- Most people feel mild bloating and mild abdominal cramps. This is normal. Drinking the prep medication more slowly and over a longer period of time can help alleviate these symptoms.
- A successful colon prep will cause you to have clear yellow (“tea-colored”) liquid stools.
- Please finish your preparation regardless of your stool color. Apply Vaseline® or Desitin® ointment or any baby diaper ointment to skin around the anus. For flare of hemorrhoids, use hydrocortisone cream or hemorrhoidal agents.
- Though rare, the following adverse reactions have been reported: abdominal fullness and cramping, nausea, vomiting, electrolyte abnormalities, cardiac arrhythmias, seizures and renal impairment.
- During the procedure, you will be given medicines to make you sleepy. Most people do not remember the test. You will be given oxygen and monitored throughout the test. Your doctor will insert the colonoscope into your rectum and examine the lining of your colon. For most people, the procedure lasts about 30 to 60 minutes.
- After the procedure, you will be monitored until you are awake. You may eat or drink once you are awake. Your doctor may discuss your results with you and whoever came with you. You may be given a copy of your report. If biopsies are taken, it may take a few days for those results to come from the pathologists. Someone should drive you home.
- Call your doctor or nurse if your have:
 - ~ A temperature of 101°F or higher
 - ~ Severe abdominal pain or hardness
 - ~ Bleeding from your rectum
 - ~ Weakness, faintness, nausea or vomiting



AFTER YOUR COLONOSCOPY PROCEDURE

You will spend time in our post-procedure unit where our nursing staff will monitor you. After recovery, you will be able to leave with your driver/escort. You will receive a printed copy of your colonoscopy results for your own records. Once home, you may resume your normal diet and medications.

WHAT ARE THE RISKS OF A COLONOSCOPY?

Risks of a colonoscopy include reaction to sedation, breathing problems, abdominal pain, heart problems, bleeding, perforation, ileus and death. The risk and benefits are discussed during consent before the test.

WHAT ARE THE ALTERNATIVES TO A COLONOSCOPY?

Guaiac-based fecal occult blood test (gFOBT), fecal immunochemical test (FIT), FIT-DNA test (Cologuard®).

FURTHER QUESTIONS?

If you have questions, concerns or need additional information about your procedure, please contact your gastroenterologist's office at 760-773-2882 or visit us at EisenhowerHealth.org/GI.