

# SUPREP Two Day COLONOSCOPY PREP INSTRUCTIONS

**\*\*DO NOT EAT ANY SOLID FOOD THE ENTIRE DAY BEFORE\*\***

**\*\*DO NOT FOLLOW INSTRUCTIONS ON YOUR PREP BOX AND DO NOT EAT A LIGHT BREAKFAST THE DAY BEFORE\*\***

**Absolutely NO Chewing Tobacco or Dip Products After Midnight!!!**

**Time involved:** Approximately 2 to 3 hours from walk in to walk out.

**Sedation:** You will be sedated with an IV conscious sedation or propofol for this procedure which is used to relax you and make you feel sleepy. As a result, time will appear to pass very quickly and you will not recall much or, perhaps, even anything at all of what has happened. **Therefore, you must bring someone with you to drive you home that is willing to accept the responsibility for your care. If you are taking**

**Contrave, Suboxone, Naltrexone, Naloxone and/or Narcan, please notify our office to make sure your procedure is scheduled with Propofol.**

**TEN DAYS BEFORE:** Do not consume anything containing **OLESTRA**, a "fake fat" that is sometimes found in no fat foods.

**SEVEN DAYS BEFORE:** Stop taking **Plavix (Clopidogrel), Brilinta or Effient**. We **REQUIRE** that you seek permission from your prescribing physician before stopping. If you wish to discuss this issue further, please call or make an appointment to see your physician at Colorectal Surgical & Gastroenterology.

**THREE DAYS BEFORE:** Stop taking **Ticlid, Coumadin, Warfarin, Xarelto, Eliquis, Pradaxa or Aggrenox**. We recommend that you seek permission from your prescribing physician before stopping. If you wish to discuss this issue further, please call or make an appointment to see your physician at Colorectal Surgical & Gastroenterology.

**\*\*IF YOU USE A NEBULIZER OR INHALER, PLEASE REMEMBER TO BRING IT WITH YOU TO YOUR PROCEDURE\*\***

**\*\*PLEASE CONTINUE TO TAKE YOUR ASPIRIN DAILY\*\***

Take other medications as you normally would during your prep with the exception of laxatives and fiber products. If you take diabetes medications, please check with the physician that monitors your diabetes for any special instructions.

Your body loses significant amounts of fluid during bowel preparation. In order to prevent dehydration, it is important to supplement that fluid loss with clear liquids. **Make a conscious effort to drink as much as you can before, and after your procedure.**

**TWO DAYS BEFORE: NO SOLID FOOD.** Follow a clear liquid diet all day of: apple juice, white grape juice, BLACK coffee only, tea, water, clear broth or bouillon, soft drinks, Gatorade, jell-o, and popsicles (any color is fine). Dairy and Non-Dairy products are **NOT** allowed.

**At 12:00pm**, mix a 255 gram bottle of Miralax in with 64oz of Gatorade or Powerade. Shake the solution until Miralax is completely dissolved. Drink 8oz every 10-15 minutes until the entire solution is gone. Miralax will need to be purchased over the counter.

**THE DAY BEFORE:** Stop taking Lovenox. **NO SOLID FOOD.** Follow a clear liquid diet all day of: apple juice, white grape juice, BLACK coffee only, tea, water, clear broth or bouillon, soft drinks, Gatorade, jell-o, and popsicles (any color is fine). Dairy and Non-Dairy products are **NOT** allowed. **NO** chewing tobacco or dip products after midnight.

**At 6:00pm**-pour One (1) 6oz bottle of SuPrep Solution into the 16oz container provided and then fill the remaining container with cold drinking water and mix thoroughly. Drink ALL of the liquid in the container. You must next drink two (2) more 16oz containers of water over the next hour. Please do NOT skip drinking the water as this helps to activate the prep.

**DAY OF PROCEDURE: NO SOLID FOOD.** You may have water only up to 3 hours before your arrival time!

**Five hours before your arrival time**-REPEAT THE ABOVE STEPS using the second bottle of SuPrep Solution. Make sure you are completely finished with ALL of your prep and water 3 hours before your arrival time. **NOTHING** by mouth 3 hours before you arrive or your procedure will be rescheduled.

**PLEASE BRING:** A list of all of your medications to the hospital with dosage and frequency information.

## What to Do If You Develop Nausea or Vomiting While Taking Your Colonoscopy Prep

**First:** Slow down taking the prep. Instead of taking it every 15-20 minutes, stop for 30 minutes or more and then resume taking the medication, only more slowly, with longer intervals between doses **if** needed. You can also take an anti-nausea medication if you have one at home, such as Phenergan or Reglan.

**Second:** If vomiting persists, during regular business hours, you can call our office at 859-278-8486 for an alternated prep solution.

**Third:** If your vomiting persists, despite the above measures, you can call the on-call physician (Medical Society Exchange 859-276-2594) for an anti-nausea medication prescription to assist you in completing the colonoscopy prep.

**Finally:** Once the vomiting subsides, make sure you drink plenty of clear fluids. Drink as much as you can tolerate. This will help prevent dehydration and adverse reactions related to the colonoscopy prep.