

## **Preparing for Your Colonoscopy Procedure With SUPREP**

A colonoscopy is performed so that your physician can see the inside of your lower digestive tract. This includes your colon and rectum. Colonoscopy can help screen for colon cancer and also help find the source of stomach pain, bleeding and changes in bowel habits. The doctor may remove a small tissue sample (biopsy) for testing. Small growths, such as polyps, may also be removed. A colonoscopy takes about 30 to 60 minutes.

We appreciate the opportunity to take part in your care. In order for us to perform a high-quality exam, it is very important that your colon be adequately clean. We ask that you read all instructions at least one week before your colonoscopy. Failure to follow these instructions could affect the test results and the recommendations for the timing of your repeat procedure. We recommend a split prep as the safest and most effective method of preparing your colon. This allows us to detect more precancerous polyps, potentially preventing cancer.

### **Medications**

- If you are taking Aggrenox, Brilinta, Clopidogrel, Coumadin, Effient, Eliquis, Elmiron, Persantine, Plavix, Pletal, Pradaxa, Savaysa, Ticlid, vitamin E, Warfarin or Xarelto, please call our office to discuss these medicines at least one week before your scheduled procedure.
- **Stop** iron and fiber supplements one week before your procedure.
- If you have diabetes and take insulin, please contact the provider who prescribes your diabetic medicine. You will need instructions on dosing changes before your procedure.
- You may take Tylenol and all other medicines that are not listed above.

### **SUPREP Bowel Prep Kit:**

- SUPREP Bowel Prep Kit is indicated for cleansing of the colon as a preparation for colonoscopy in adults.
- Be sure to tell your doctor about all the medications you take, including prescription and nonprescription medications, vitamins and herbal supplements. SUPREP Bowel Prep Kit may affect how other medications work.
- Medication taken by mouth may not be absorbed properly when taken within one hour before the start of each dose of SUPREP Bowel Prep Kit.
- The most common adverse reactions after administration of SUPREP Bowel Prep Kit are overall discomfort, abdominal distention, abdominal pain, nausea, vomiting and headache.

If you have any problems with insurance coverage or the cost of the SUPREP prescription, please contact the office to discuss possible options. There are discount coupons and/or medication samples that we may be able to provide, as well as alternate prep medications that are available.

### **Preparation**

#### **Five days before your procedure:**

- Decrease the fiber in your diet. This is very important to reduce the dietary residue and facilitate the clean-out process. High-fiber foods include whole grains, cereals, oats, asparagus, beans, broccoli, carrots, corn, peas, apples, bananas, oranges, pears and strawberries.
- Pick up SUPREP at your pharmacy (a prescription is required—this was electronically sent to your preferred pharmacy).
- Buy four over-the-counter Dulcolax 5 milligram tablets (laxative, not stool softener).
- Buy four over-the-counter gas tablets (Simethicone, Gas-X or Mylanta Gas).

**One day before your procedure:**

- DO NOT eat anything solid.
- DO NOT drink milk.
- DO NOT eat or drink anything colored red, blue or purple.
- DO NOT drink alcoholic beverages.
- Start a clear liquid diet as soon as you wake up.
- A clear liquid diet includes: water, tea, coffee (no milk/cream), Kool-Aid, carbonated drinks (Coke, Pepsi, any diet soda), Jell-O, fruit ice, popsicles, clear broth, bouillon, juice (apple, white cranberry or white grape), Crystal Light, Propel, Gatorade, hard candy and sugar (for coffee).
- You may drink Ensure, Boost and Glucerna, but only until 3 p.m.
- Take all routine medicine, unless you have been told otherwise.

**At 5 p.m.**

- Take four Dulcolax tablets.

**At 6 p.m. START PREP**

- Pour ONE 6 ounce bottle of SUPREP liquid into the mixing container.
- Add cool drinking water to the 16 ounce line on the container and mix. NOTE: Dilute the solution concentrate as directed prior to use.
- Drink ALL the liquid in the container.
- You must drink two more 16 ounce containers of clear liquids over the next hour.
- You will pass many stools, and there is a chance you may have some stomach cramping and bloating during this time. You may use petroleum jelly for rectal soreness.
- If you throw up, stop drinking for 30 minutes, then resume taking the prep solution every 15 minutes.
- After you are done drinking the SUPREP solution, you will continue with the clear liquid diet.

**At 9 p.m.**

- Take two gas tablets with 8 ounces of clear liquid. DO NOT TAKE GAS TABLETS WITH FOOD AS PHARMACY INSTRUCTIONS STATE.

**At 10 p.m.**

- Take two gas tablets with 8 ounces of clear liquid. DO NOT TAKE GAS TABLETS WITH FOOD AS PHARMACY INSTRUCTIONS STATE.

**The day of your procedure:**

**Four hours before your appointment time:**

- Repeat previous SUPREP steps:
  - Pour ONE 6 ounce bottle of SUPREP liquid into the mixing container.
  - Add cool drinking water to the 16 ounce line on the container and mix. NOTE: Dilute the solution concentrate as directed prior to use.
  - Drink ALL the liquid in the container.
  - You must drink two more 16 ounce containers of clear liquids over the next hour.

**Three hours before your appointment time:**

- You may continue the clear liquid diet until three hours before your colonoscopy. You may then have nothing by mouth, including water.

**You will need to bring someone who can stay during the procedure and drive you home.**

- Bring a driver with a valid driver's license.
  - We will not do your procedure if you do not have a ride home.
  - You cannot take a taxi home.

**Spectrum Health endoscopy facilities require a urine pregnancy test on all women of childbearing age before any endoscopy procedure.**

- Be prepared to give a urine sample when you arrive.

**After your procedure:**

- DO NOT stay home alone, use heavy machinery, drive or make legal decisions for 12 hours.
- It will not be safe for you to return to work on the day of your colonoscopy.
- You may continue your normal activities the following day.

**Possible Risks**

As with all medical procedures, there are possible risks involved with endoscopic procedures. These risks include:

- You may have a reaction to the medication given for sedation. You will be given a narcotic pain medication and a sedative that likely will cause you to forget what happens during the procedure.
- Very rarely, bleeding may occur from the site of a polyp removal.
- Bowel perforation could occur and require a surgical repair. This is very rare.
- There may be a missed polyp or other abnormality.
- You may have inflammation at the IV site.