

GASTROINTESTINAL HEALTHCARE

Improving Your Health From The Inside Out.

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SuPrep Day Before - Patient Instructions Pre-Colonoscopy

DISCARD THE INSTRUCTIONS THAT COME WITH YOUR SUPREP PRESCRIPTION AND FOLLOW THESE INSTRUCTIONS

Patient Name: _____

Date: _____ **Arrival Time:** _____

Location: _____ GastroIntestinal Healthcare (2011 Falls Valley Dr., Suite 106)
_____ Duke Health Raleigh Hospital (3400 Wake Forest Rd.)

You will be following a low-fiber diet for the two days prior to your prep day. Please refer to the low-fiber diet brochure for details.

If you have a medical condition that requires you to take a preventative antibiotic prior to your procedure, please let us know at least two days prior to your procedure by calling our office at (919) 870-1311.

Please purchase the following items at your pharmacy:

- Your prescription for SuPrep bowel preparation kit

One Week (7 days) prior to your colonoscopy, stop taking the following medications:

- Ibuprofen, Advil, Motrin, arthritis medication, Aleve, B.C. Powder, Excedrin, all vitamins and supplements, iron, Alka Seltzer, Pepto Bismol or equivalent, and psyllium products such as Metamucil or Citrucel. Tylenol may be used for pain.
- If you are taking aspirin or any blood thinners such as Aggrenox, Brilinta, Cilostazol, Clopidigrel, Coumadin, Dipyridamole, Effient, Eliquis, Enoxaparin, Lovenox, Pentoxifylline, Persantine, Plavix, Pletal, Pradaxa, Ticlopidine, Warfarin or Xarelto, please follow the instructions given to you by your prescribing physician:

- Please continue to take all other medications.

One Day before and the day of your colonoscopy: Medication Instructions

- For diabetics – insulin dependent: Take half of your usual morning dose of insulin on the day before your procedure. Do not take any insulin on the day of the exam.
- For diabetics – oral agents: Do not take any oral anti-diabetic medication on the day before your procedure or the day of the procedure.
- Take any heart or blood pressure medications the morning of your procedure with a few sips of water.
- If you are on any inhalers please bring them with you the day of your procedure.

One Day before your colonoscopy: Diet Instructions

Diet Instructions: No solid foods all day. Avoid anything red or purple in color. No milk products are permitted. On the day before your colonoscopy, you may have the following approved liquids only. It is important to stay well-hydrated by drinking plenty of liquids from this list throughout the day.

Approved Liquids – One Day before your colonoscopy you may have only the following:

- | | | |
|---------------------------------|--------------------------------|-------------------------|
| - Water | - Tea (iced or hot) | - Coffee |
| - Soft drinks (diet or regular) | - Fat free broth or bouillon | - Fruit-flavored drinks |
| - Gatorade, sports drinks | - Jello (cannot contain fruit) | - Popsicles |
| - Apple juice | - White grape juice | - White cranberry juice |

You will need to drink a laxative solution called SuPrep to cleanse your colon. You must complete the entire prep to ensure the most effective cleansing.

One Day before your colonoscopy:

1. **At 3:00 p.m.** pour the contents of one bottle of SuPrep Bowel Prep into the mixing container provided. Fill the container with water to the 16 ounce line and mix.
2. Drink all the liquid in the container.
3. Drink an additional 32 ounces of approved liquids from the list on your instructions, over the next 1 to 1 ½ hours.
4. **At 9:00 p.m.**, pour the contents of the second bottle of SuPrep into the mixing container provided. Fill the container with water to the 16 ounce fill line, and drink the entire amount.
5. Drink an additional 32 ounces of approved liquids from the list on your instructions over the next 1 to 1 ½ hours. Continue drinking clear liquids up to 2 hours before arrival time, and then **do not drink anything after that.**

Once you have finished all of the solution, your bowel movements should be clear liquid, or slightly yellow in color. If your stools are not clear, contact our office at 919-870-1311 for further instructions.

IMPORTANT NOTES FOR THE DAY OF YOUR PROCEDURE:

- **DO NOT DRINK ANY LIQUIDS TWO HOURS PRIOR TO YOUR ARRIVAL TIME**; you will be receiving anesthesia, and having liquids in your stomach puts you at greater risk for aspiration. Your procedure may be delayed if you have consumed liquids too close to your procedure time.
- Please bring your driver license, insurance card and any co-pay/deductibles owed.
- We suggest you wear warm socks and loose comfortable clothing the day of your procedure. Please leave all valuables at home. GIH cannot be responsible for your valuables or personal items.
- Be prepared to stay at our facility for approximately 1 ½ to 2 hours. If you are having a procedure that requires sedation, you must make arrangements to have a responsible adult 18 years or older accompany you to our office and drive you home. This person must remain in our facility until you are discharged. Please do not ask someone to drop you off and return for you at a later time; patients are not permitted to take a cab or bus home. If you do not have a responsible adult with you upon arrival, GastroIntestinal Healthcare reserves the right to delay or reschedule your procedure.
- During the remainder of the day, do not plan on: returning to work or school; driving; signing legal documents or participating in any activity that requires coordination or balance.
- Visitors to the recovery room are limited to one person per patient. Children under the age of twelve are not allowed in the recovery room for any reason.
- If you have any questions, or if you have any cold or upper respiratory symptoms within 3 days of your scheduled procedure, please contact our office at (919) 870-1311. We look forward to participating in your health care.