

## SUPREP BOWEL PREP

The following instructions are your physician’s specific instructions. Please follow the instructions carefully to ensure a successful prep.

You can reach Your Patient Advisor with non-medical prep questions at **800.349.0285**

You can reach your physician’s office at **253.272.5127**

**Special Notes:** If you are taking blood thinner medication such as Coumadin or Plavix, call our office and speak to a nurse.

Seven (7) Days Prior to Procedure	Three (3) Days Prior to Procedure	Two (2) Days Prior to Procedure	One (1) Day Prior to Procedure	Day of Procedure
<p><b>Review your prep instructions thoroughly</b></p> <p>Pick up your prescription at your pharmacy. <b>DO NOT</b> follow the instructions given by your pharmacy. <b>ONLY</b> follow the colon preparation instructions provided to you in this packet.</p> <p><b>STOP</b> using iron and fiber supplements.</p> <p>If you are taking blood thinner medications, have a pacemaker or defibrillator, call our office and speak to a nurse.</p> <p>Continue your other medications.</p>	<p><b>STOP</b> eating any raw fruits, raw vegetables, or vegetables containing seeds, corn, popcorn, nuts, and seeds and stop any fiber supplements until after the procedure.</p> <p>If you have diabetes and are taking insulin, consult your diabetes physician for the correct dosage to take on the day of your exam.</p> <p>Purchase <b>*Clear Liquid diet items.</b></p>	<p>Continue <b>NO</b> raw fruits, raw vegetables or vegetables containing seeds, corn, popcorn, nuts and seeds.</p> <p><b>NO</b> fiber supplements until after the procedure.</p> <p><b>YOU MUST ARRANGE A DRIVER WHO WILL STAY WITH YOU AND DRIVE YOU HOME.</b> Please inform your driver this will take about 2 hours.</p>	<p><b>NO FOOD on the day before your procedure. Follow the *Clear Liquid diet instructions. Drink plenty of water and liquids throughout the day to avoid dehydration.</b></p> <p><b>Prep at a Glance</b> <b>12:00pm - If you are experiencing constipation, take two (2) Biscadoyl (Dulcolax) tablets</b></p> <p><b>6pm</b> - Take first dose of prep solution.</p> <p><b>Follow detailed, step-by-step instructions continued on page 2.</b></p> <p><b>NO USE OF MARIJUANA (THC products) 12 hours prior to your procedure.</b></p>	<p><b>NO FOOD on the day of your procedure. Follow the *Clear Liquid diet instructions.</b></p> <p>Take second dose of prep solution as detailed on page 3.</p> <p>If you take daily medication, you may take it with <b>SMALL SIPS OF WATER ONLY</b>, at least 3 hours before your procedure.</p> <p>You may brush your teeth but do not swallow. DO NOT USE chewing tobacco, gum, lozenges, candy or breath mints.</p>

**THE DAY BEFORE YOUR PROCEDURE**

**ONCE YOU WAKE UP, YOU MUST ADHERE TO THE CLEAR LIQUID DIET. Drink plenty of water throughout the day to avoid dehydration.**

**CLEAR LIQUID DIET** (No liquids with red or blue dye)

- Bouillon/Broth: chicken, beef or vegetable
- Juice: apple, white cranberry, white grape
- Water: plain or flavored
- Soda: Sprite or 7-Up
- Other: Gatorade, Crystal Light, Pedialyte, coffee, tea (Do NOT add milk, cream or non-dairy creamer; you may add sugars or other sweeteners if desired)
- Popsicles: orange, lemon, lime
- Jell-O: orange, lemon, lime
- Candy: hard candy such as LifeSavers, suckers, gummy bears
- **NO ALCOHOL**

**1**

**6pm** the day prior to your procedure

- Pour the contents of one bottle of SUPREP into the mixing container provided.

**2**

**6pm** the day prior to your procedure

- Fill the container with water to the 16oz fill line.

**3**

**6pm** the day prior to your procedure

- Mix and drink ALL the liquid in the container.

**4**

**6pm** the evening prior to your procedure

- Drink **two** additional containers filled to the 16oz fill line with clear liquid over the next hour.
- This step is very important in the cleanout process. Please make sure and drink no less than the instructed amount of clear liquid.

*Diarrhea should start within one hour of the first dose, but may take up to 5-6 hours, depending on the person. If you have not had a bowel movement by midnight, and you DO NOT have chronic kidney disease or kidney failure, you should obtain a bottle of magnesium citrate (296mL) from your local pharmacy and drink the entire bottle. You may experience irritation to the anal area due to the diarrhea. If you experience anal discomfort, you may use pre-moistened towelettes (Cottonettes). You may also apply Vaseline or Desitin to the peri-anal area after each bowel movement to minimize irritation.*

## THE DAY OF YOUR PROCEDURE

**NO FOOD until after your procedure.** Drink plenty of water throughout the day to avoid dehydration.

**1**

**5-6 hours** prior to leaving home

- Pour the contents of one bottle of SUPREP into the mixing container provided.

**2**

**5-6 hours** prior to leaving home

- Fill the container with water to the 16oz fill line.

**3**

**5-6 hours** prior to leaving home

- Mix and drink ALL the liquid in the container.

**4**

**After you finish Step 7**

- Drink two additional containers filled to the 16oz fill line with clear liquid within the next hour. You must take nothing by mouth three hours before your procedure.
- This step is very important in the cleanout process. Please make sure and drink no less than instructed amount of clear liquid

***You should be passing clear stool.***

## THE DAY OF THE PROCEDURE

### **3 Hours before your procedure**

- Nothing by mouth
- Nothing to eat or drink until after your procedure
- Do not use chewing tobacco, gum, lozenges, candy or breath mints
- If you take daily medication, you may take it with **small sips of water only, at least 3 hours** before your procedure
- If you use an inhaler for pulmonary disease, please bring it with you to your procedure
- Do not wear perfume or cologne

**Please remember a driver needs to check in with you on your procedure day to drive you home after your procedure and assist you with follow up care.** This takes approximately 2 hours. You will not be able to drive a car, operate any machinery or go to work until the following day.

Failure to bring your completed forms, photo identification, insurance card(s), your co-payment, and a driver may result in your appointment being rescheduled.

**If you have any questions or concerns about the preparation,** please contact Your Patient Advisor by calling 800.349.0285 or emailing [support@yourpatientadvisor.com](mailto:support@yourpatientadvisor.com).

## FREQUENTLY ASKED QUESTIONS

### **What is a clear stool?**

A clear stool can have a slight tint of yellow or brown. It will be completely transparent, and will not contain any solid matter. The bottom of the toilet can be seen through clear stool.

### **I am not having bowel movements, what should I do?**

Bowel movements can take up to 2 hours to start after beginning the prep, but may take up to 5-6 hours, depending on the person. Be patient, continue to drink clear liquids. If you have not had a bowel movement by midnight the night prior to your procedure, and you DO NOT have chronic kidney disease or kidney failure, you should obtain a bottle of magnesium citrate (296mL) from your local pharmacy and drink the entire bottle.

### **The prep is making me nauseous, what should I do?**

If you develop nausea or vomiting, slow down the rate at which you drink the solution. Please attempt to drink all of the laxative solution even if it takes you longer. If vomiting persists, or you are not able to finish the preparation, stop the preparation and call your physician's office for further instructions.

### **What are some high fiber foods I should avoid?**

Raw fruits and vegetables are typically high in fiber, as well as nuts, seeds, whole grain breads, beans and lentils.

### **If I eat popcorn or seeds 3 days before my procedure, do I need to reschedule?**

You will not need to reschedule your procedure, however the seeds or nuts may cause a difficulty in screening and require a need for rescreening. If you have eaten a large amount of seeds or nuts, you may want to contact the nurse or physician.

### **Can I drink ALCOHOL on the liquid diet?**

Alcohol is not allowed as part of the clear liquid diet.

### **Can I continue to be on the liquid diet after I begin consuming the laxatives?**

Yes, we encourage you to continue the clear liquid diet until you are directed to discontinue anything by mouth, which is typically **three (3) hours** before the procedure.

### **Why do I have to wake up so early for the second dose, can't I take it all the night before?**

A split prep has proven to be the most effective for a successful colonoscopy. It is essential that you follow the directions provided with your prep medications.

### **If I weigh under 100 pounds, do I need to take all of the prep?**

The liquid amount is not weight dependent. It is important to finish the prep for a successful colonoscopy.

**DIABETES MANAGEMENT INSTRUCTIONS**  
*Follow only if you have Type I or II diabetes*

These are general guidelines. Please call the health care provider who manages your diabetes if you have an insulin pump or if you have specific questions or concerns.

For people with diabetes, any procedure that causes you to miss a meal will require special planning to safely manage your blood sugar. It is important to reduce your diabetes medications and monitor your blood sugar while you are doing the bowel prep for colonoscopy. You should check your blood glucose before all meals and at bedtime on both the prep and procedure days. Also, check your blood glucose anytime you have symptoms suggesting possible low or high blood glucose.

For patients on insulin: We recommend taking half your usual dose on the day before your procedure. Check your blood sugar at the usual times during the day. If your reading would normally prompt you to take an additional dose of regular insulin, we would recommend taking half the amount you would normally take for that reading. Do not take any insulin on the morning of your procedure. After the procedure, you will be resuming a regular diet and can resume insulin according to your usual schedule at that time.

For patients on oral diabetes medications: We recommend taking half your usual dose on the day before your procedure. Do not take any diabetes medications on the day of your procedure, until after its complete.

Diabetic patients should schedule appointments for early in the day so that you can eat afterwards and take your medications as close to the usual time as possible.

Clear liquid food choices for the day before colonoscopy:

**Aim for 45g of carbohydrates at meals; 15-30g of carbohydrates for snacks.**

- Remember to avoid red colored foods.
- Carbohydrate count for various clear liquid choices:
  - Apple juice (4 ounces) - 15g carbohydrates
  - White grape juice (4 ounces) - 15g
  - Sports drinks such as Gatorade (8 ounces) - 14g
  - Jell-O (½ cup regular sweetened) - 15g
  - Popsicles - 15g
  - Sugar (1tsp to sweeten coffee or tea) - 4g

Clear liquid items without carbohydrates include broth and other clear soups, diet soda, coffee, tea, seltzer and flavored water.