

## SUPREP PREPARATION INSTRUCTIONS FOR COLONOSCOPY

### **INSURANCE NOTIFICATION:**

- If precertification is required, it will be obtained by our Central Billing Office. Contact your insurance company prior to the procedure to make sure this has been done.
- If you have changed insurance since the last time you have been seen, you must notify us of this change.
- There will be a facility and anesthesia charge in addition to the physician's fee.
- There is a possibility that other charges may incur such as pathology, radiology, or laboratory fees during the procedure necessary for your care.  
Please bring your insurance card and driver's license to the procedure.

### **GENERAL INSTRUCTIONS:**

- Follow these instructions carefully, NOT the ones on the prep box
- Follow instructions given to you about any changes to your medications. Unless instructed otherwise, do NOT stop your aspirin.
- Pay close attention to the diet and medication instructions noted below. You may be making medication or diet changes up to 7 DAYS prior to your procedure.
- You should NOT have ANYTHING do EAT or DRINK after midnight except your bowel prep, and no liquids at all for FOUR HOURS prior to your exam.
- If you do not follow these directions your colonoscopy **WILL BE CANCELLED**.

### **5-7 DAYS BEFORE THE EXAM:**

- You will likely have to stop BLOOD THINNERS prior to your exam. Your doctor will tell you how long you will need to be off the blood thinners before and after the exam. Unless instructed otherwise, DO NOT stop your aspirin.
- Discontinue fiber supplements and any medications containing iron (Metamucil, Citrucel, multivitamins with iron, etc).
- IF YOU ARE DIABETIC, contact your primary care physician for instructions on how to take your medications on the day of the preparation and the procedure day.

### **3 DAYS BEFORE THE EXAM:**

- Stop eating all high fiber foods: No raw fruits or vegetable, whole grain wheat or multi-grain foods, nuts, popcorn, seeds, bran, bulking agents.

### **THE DAY BEFORE THE EXAM:**

- Drink only **CLEAR LIQUIDS** for breakfast, lunch, and dinner. Start drinking liquids in the morning, and drink all day. Do not just drink the liquids recommended around the time of the actual preparation. The more you drink all day, the better the prep will be.
- NO solids, or milk products.
- NO alcohol on the day before or the day of the procedure.
- CLEAR LIQUIDS are:
  - Strained fruit juices without pulp (apple, lemonade, white grape)
  - Water, Gatorade, popsicles, snow cones, carbonated soft drinks, Jell-O
  - Clear broth and bouillon
  - Coffee or tea WITHOUT creamer/milk.
  - AVOID RED and PURPLE LIQUIDS

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6:00pm

### First Dose:

1. Pour one 6 oz bottle of SUPREP liquid into the container provided. Add cool water to the 16 oz line on the container and mix. Drink ALL the liquid in the container. You MUST drink two more 16 oz cups of water over the next hour.

5 hours prior  
to arrival at  
facility

### Second Dose:

1. Repeat the steps above. Remember to drink ALL the liquid in the container and drink at least two more 16 oz cups of water over the next hour.
2. You must complete your prep 4 hours prior to arrival.

### DAY OF EXAM:

-If you are on heart or blood pressure medications, take them with a sip of water 2 hours or more before the exam.

-Otherwise, **NOTHING** BY MOUTH, within 4 hours of the exam. The second dose of prep should be finished **4 hours prior** to arrival.

-You will be in recovery for 30-60 minutes after the exam.

-You will need a driver to return home. You should **NOT** drive, work, exercise, or drink alcohol for the rest of the day after your exam.

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### TIPS FOR A GOOD COLONOSCOPY PREPARATION

- Make sure you receive your colonoscopy prep and the appropriate instructions well before your procedure date, and read them completely as soon as you get them.
- Arrange for the time and privacy you need to complete the prep with as little stress as possible. Clear your schedule, and be at home on time to start your prep. If you have children or aging parents who need attention, have someone else be available to them while you're indisposed.
- Water can get boring, so keep a variety of clear liquids on hand. On the day before your colonoscopy — when you're restricted to clear liquids — you can have popsicles, Jell-O, clear broth, coffee or tea (without milk or creamer), soft drinks, Italian ice, or Gatorade. But take nothing with red, blue, or purple dye. Drink extra liquids before, during, and after your bowel prep (until a 4 hours before your procedure), as well as after your colonoscopy. Hydration is important!
- Wear loose clothing, and stay near the bathroom. Better yet, once the preparation starts to work, stay *in* the bathroom — because when the urge hits, it's hard to hold back. Consider setting up shop near the toilet with music, your laptop, magazines, or books
- To make a bad-tasting liquid prep like PEG easier to swallow, try one or more of the following: if the PEG doesn't come flavored, add some Crystal Light or Kool-Aid powder (again, not red, blue, or purple); add some ginger or lime; drink it chilled; drink it through a straw placed far back on your tongue; hold your nose and drink it as quickly as possible; quickly suck on a lemon slice after you finish each glass; hold a lemon or lime under your nose while you drink; suck on a hard candy after each glass.
- The clear liquid diet and preparation are not pleasant ways to spend a day but your exam is only as good as your preparation. A poor preparation may result in missed lesions and could result in you having to repeat your procedure much sooner than would otherwise be needed. A good preparation will maximize our ability to locate and remove any pre-malignant lesion and will ensure that we give you the longest possible interval before needing to repeat your exam!