

Colonoscopy Instructions: **Suprep**

Preparing for procedure:

- Pick up **Suprep** prescription & **Dulcolax** tablets from your pharmacy. (**Do NOT follow instructions on the box, follow instructions below.**)
- Arrange for a driver – the driver must stay at the facility during your procedure, and drive you home afterwards (no Buses or Taxis).
- The procedure is estimated to take 30-60 min. You will arrive early to prepare you for the procedure, and will need time to recover. Plan to be at the facility 2-3 hours.
- If you are diabetic, check with your doctor about maintaining your insulin/blood sugar levels during the bowel prep.
- The Surgery Center will call you the day before your procedure with your arrival time. If you do not receive a call by 2 pm the day before, please call the Surgery Center at (360) 779-6527.

7 days prior to your procedure:

- Do not eat nuts, seeds, berries (blackberries or marionberries), or foods containing nuts or seeds.
Do not take the following medications: **Blood thinners, Aspirin, Ibuprofen, Aleve, Advil, Anti-inflammatories** (Tylenol is okay!).
- If you question whether it is safe for you to stop taking your prescription blood thinners, call your prescribing doctor, or our office, to discuss.

2 days prior to your procedure:

- Drink 6-8 glasses of fluid to ensure optimal hydration.
5:00pm: take two (2) Dulcolax tablets (5mg, over-the-counter at any pharmacy).

Day before your procedure:

- 8:30am:** Take two (2) Dulcolax tablets.
- No solid foods, milk, or milk products - **Clear liquids ONLY on this day!** (no solid food) **** Avoid liquids that are red/purple, or have pulp ****
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|----------------|-------------------------|------------------------|---------------|
| Clear liquids: | Coffee / Tea (no cream) | Fruit juice (no pulp) | Clear sodas |
| | Gatorade / Sport dinks | Broth / Bullion / Miso | Coconut water |
| | Jello | Popsicles | Nuun Tablets |

How to take Suprep: ** follow ALL steps COMPLETELY **

- 4:00 pm** the day before procedure, complete steps 1- 4, using one 6 oz. bottle of Suprep.
- Step 1:** Pour one 6 oz. bottle of Suprep liquid into the mixing container.
 - Step 2:** Add cool water to the 16 oz. line on the container, and mix.
 - Step 3:** Drink ALL the liquid in the container.
 - Step 4:** Drink TWO 16 oz. containers of water over the next one to two hours.
- 10:00 pm** the night before your procedure, REPEAT steps 1- 4 above, using the other 6 oz. bottle of Suprep.
- Remain close to the bathroom, as multiple bowel movements may occur.
 - Drink **AT LEAST** one quart of sport drink, and an additional gallon of fluids throughout the day.

(**Goal:** clear, or slightly yellowish, diarrhea without sediment or stool.)

A travel pack of baby wipes is helpful to avoid anal irritation from repeated wiping.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT (including gum or lozenges)

Take **cardiac medicines** as usual, with a *small sip* of water

**** If you do not follow the instructions above, your procedure may be delayed or cancelled. ****

- If you have questions about the bowel prep or your procedure, call the office at (360) 697- 6547.
- Use a **Fleets enema** or **Dulcolax suppository** if you're not clear the morning of your exam.
- If your procedure is scheduled in the afternoon, you may have 8 oz. of clear fluids (no coffee) 6 hours prior to your arrival.
- Remove contact lenses - wear glasses to your appointment instead.
- Most people are able to resume a normal diet after the procedure, and normal activities the following day.
- If you experience pain or discomfort after the procedure, or if you have any questions or concerns, call the office immediately at (360) 697-6547.