

BOWEL PREPARATION FOR COLONOSCOPY
SUPREP laxative method

YOUR PROCEDURE DATE _____

YOUR TIME _____ ARRIVE BY _____

****OUR NEW LOCATION: Maryland Endoscopy Center****

100 West Road, Suite 115
Towson, MD 21204
410 494-0144

Please park outside front entrance, enter through lobby. Bear toward the right, entrance is at end of long hallway

****PLEASE NOTE: PROCEDURES ARE NO LONGER BEING DONE AT GREEN SPRING STATION****



****PLEASE CAREFULLY READ THESE ENTIRE INSTRUCTIONS AT LEAST ONE WEEK IN ADVANCE****

****BY LAW, YOU ARE REQUIRED TO ARRANGE IN ADVANCE FOR SOMEONE TO DRIVE YOU HOME FOLLOWING THE PROCEDURE. YOU MUST HAVE AN ESCORT OR YOUR PROCEDURE WILL BE CANCELED. TAXIS ARE NOT ACCEPTABLE.**

****PLEASE STOP ASPIRIN AND ASPIRIN CONTAINING PRODUCTS ONE WEEK BEFORE YOUR PROCEDURE DATE.**

****THE FOLLOWING "BLOOD THINNERS" WILL ALSO NEED TO BE DISCONTINUED:**

COUMADIN (WARFARIN) – usually five days before the procedure

ELIQUIS, PRADAXA, and XARELTO – usually two full days before the procedure day

PLAVIX (CLOPIDIGREL) – one week before the procedure

WE SUGGEST THAT YOU DISCUSS THE ADVISABILITY OF STOPPING THESE MEDICINE AT LEAST A WEEK AHEAD OF TIME WITH YOUR PRIMARY PHYSICIAN OR CARDIOLOGIST.

TAKING YOUR MEDICATIONS DURING BOWEL PREPARATION

IF YOU TAKE INSULIN: Long acting insulin dosing (e.g. Lantus, NPH, etc.) should be reduce by half on the day before and held on the day of the procedure. Short acting insulin dosing should be customary according to dextrostix values. If you have questions or concerns, contact your doctor.

ORAL DIABETES medications should be held on the day of the procedure until after your procedure.

BLOOD PRESSURE AND OTHER HEART MEDICATION should be taken on the day of the procedure with only a small sip of water, no later than 2 hours before the procedure. Otherwise, do not drink any fluids for four hours before the procedure time. **ALL OTHER** medications can be taken the day of the procedure but should be held off until after the procedure.

WHAT TO PURCHASE FOR YOUR BOWEL PREPARATION

Purchase the **SUPREP Bowel Prep** which is a split-dose (2 day) bowel regimen. You will need a prescription for this prep. You will be required to take both 6 oz. bottles. Buy a **FLEETS ENEMA** which may be needed at the end of the bowel prep. If you have a history of constipation, or have failed to successfully do an adequate bowel preparation in the past, also purchase a small box of **DULCOLAX “stimulant” tablets**.

BOWEL PREP PROCEDURE

One day prior to the procedure

- 1) Avoid eating any nuts, seeds, multigrain breads, etc. for 72 hours before the procedure
- 2) Have a light breakfast, such as yogurt
- 3) Start a clear liquid diet after a light breakfast. This includes coffee (no milk or cream), tea, beef or chicken broth, jello, Gatorade, soda, Italian ice, popsicles, clear fruit juices, clear hard candies, etc. but not anything red in color. Note that sorbets are not considered a clear liquid. **NO FURTHER SOLID FOOD INTAKE UNTIL THE PROCEDURE.**
- 4) If you have trouble with chronic constipation, or have failed to achieve a good bowel prep in the past, start the clear liquids diet 36-48 hours in advance and also take three tablets of Dulcolax two days before the procedure.
- 5) Drink plenty of fluids on the day before to stay well hydrated, but NOT on the morning of the procedure (see below).
- 6) At 6:00 pm 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. Drink all the liquid in the container
- 7) You must drink two additional 16-ounce containers of water over the next hour
- 8) Continue to consume clear liquids during the evening, as much as possible. This helps to avoid dehydration

The day of the procedure (IF YOUR PROCEDURE TIME IS IN THE MORNING 8:00-11:30)

- 1) Six hours before your procedure time (yes, this is in the early morning!) 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. Drink all the liquid
- 2) You must drink two additional 16-ounce containers of water over the next 2 hours, make sure that you drink your FINAL, last liquid at least 4 hours before your procedure.

The day of the procedure (IF YOUR PROCEDURE TIME IS IN THE AFTERNOON 12:30-3:00)

- 1) At 6:00 am 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. Drink all the liquid in the container.
- 2) You must drink two additional 16-ounce containers of water over the next hour, making sure to drink your final glass of water at least four hours before your procedure. Do **not** drink anything else the morning of your procedure, other than the water with the SUPREP. You may have **just a sip** of water with medications, but only at least 2 hours before your procedure time.

PLEASE NOTE: We expect you will be passing clear or yellowish stool with or without gravel-like residue by the end of your bowel preparation. If so, you will not need to administer a Fleets enema. If you are still passing solid residue, please administer the enema about an hour before you leave home for your procedure. **Call the endoscopy unit ahead of time on the day of the procedure if you believe the preparation has not worked to discuss possible cancellation and avoid the trip to the endoscopy unit. . If you have problems during the prep or wish for more detailed information please review the article “General Information about your Procedure” in the “Patient Forms” tab of our website at www.parkmedical.net**

