

Colonoscopy Instructions

- Please read all instructions at least 7 days before your procedure. A safe and complete exam depends on following these instructions carefully.

- You must arrange for someone to drive you home after your procedure. Due to the sedation, taking a taxi, bus, or Uber is not allowed, unless accompanied by a responsible adult.
- Please bring a photo ID and your insurance card to the facility. Do not wear perfume or bring jewelry.

WHEN

Date _____

Arrival time _____ Start time _____ Pick-up time (approx.) _____

- Note: the person who drives you does not need to stay at the facility but must be available to pick you up within 30 minutes of being called.

MEDICATIONS

1. If you take **blood thinners** (e.g. Coumadin, aggrenox, plavix, taclid), please notify your physician at the time of scheduling, so they can give you specific instructions about how and when to stop taking these medications.
2. Stop taking **aspirin** 7 days before the procedure (even if you take just an 81-mg “baby” aspirin), unless otherwise advised by your doctor. **NSAIDs** (anti-inflammatory medication such as Advil, Aleve, Motrin and others) should be stopped 3 days before the procedure. Tylenol (acetaminophen) can be continued.
3. If you take **MAO-inhibitors** (e.g. nardil or parnate) or the diet pill **phentermine**, please consult your doctor for instructions. You may need to be off these medications for at least 2 weeks before your procedure.
4. **Iron supplements** and **narcotics** should be stopped 2 days before the exam.
5. **Vitamin E, ginkgo, and fish oil** should be stopped 7 days before the exam.
6. **Diabetes** medication (both insulin and oral) please ask your doctor for instructions about how to take these medications both on the day of the procedure and the day before the procedure (the “prep” day).

CONTINUE All other routine medications, including heart and blood pressure medications, should be continued.

DIET Avoid eating anything with seeds (sesame, poppy, etc.) for 2 days before the test.

REMEMBER For your own safety, please make sure we know every medication that you currently take-or have taken recently-both prescription and non-Rx drugs and supplements.

FINALLY **YOU WILL BE SEDATED FOR THE PROCEDURE AND WILL NOT BE ABLE TO DRIVE UNTIL THE NEXT MORNING, IF ANYTHING IS UNCLEAR, PLEASE ASK!**

Clear liquids include:

Colonoscopy Instructions

- *Water or Smart Water*
- *Clear broth and bouillon*
- *Coffee and tea (without milk or non-dairy creamer)*
- *Fruit juice, strained, without pulp (apple, white grape)*
- *Gatorade or Kool-Aid (not red or purple)*
- *Soft drinks/sodas*
- *Jell-O (not red or purple)*
- *Ice popsicles (again, not red or purple)*
- *Pedialyte*

Colonoscopy Instructions

On the day of the bowel prep, it is very important to stay well hydrated. Please drink a total of 64-oz throughout the day and evening. Liquids containing caffeine can be dehydrating, so limit their intake.

STEP 2: Suprep #1: FOLLOW INSTRUCTIONS BELOW NOT THE ONES ON OR IN BOX

- **6:00 P.M.:** Mix one 6-ounce bottle of Suprep with 10-ounces of clear liquid into the cup that comes with the prescription. Drink all the liquid.

The prep may make you queasy or even nauseated. This is a common reaction and should not cause concern.

The prep often starts working within 30 minutes but it may take 8 hours or more. Please remain within easy reach of a toilet. Hint: A protective barrier, such as Vaseline or Calmospetine, can help with a sore bottom.

- **Evening** Drink at least four 8 oz glasses of clear liquids during the hour after taking the Suprep. Continue to take clear liquids until going to sleep.

STEP 3: Suprep #2 FOLLOW THESE INSTRUCTIONS NOT THE ONES ON OR IN BOX

- At _____AM (6 hours before the procedure) mix one 6-ounce bottle of Suprep with 10-ounces of clear liquid into the cup that comes with the prescription. Drink all the liquid. Follow with two 16 oz. of water or other clear liquid. You may take your morning meds up to 6 hrs before procedure and nothing else by mouth, not even water.

24 Hours before procedure

CLEAR LIQUID DIET

Breakfast

Apple juice
Clear broth (bullion)
Non-red jello (ex: Yellow)
Gingerale, 7-up
Coffee, sugar

LUNCH

Clear broth (bullion)
Fruit ice (popsicles) (no red)
Tea, sugar
Coffee, sugar

DINNER

Apple juice
Clear broth
Non-red jello
Tea, sugar
Coffee, sugar

SNACKS

7-UP, Gingerale, Pop
White grape juice
Non-red jello
Hard candies (no red)
Non-red popsicles

NOT ALLOWED

Coffeemate
Cremora
Mocha mix

**NO MILK OR MILK RELATED PRODUCTS.
NO RED DYE (NON - RED JELLO OR
POPSICLES OR JUICES)**