

Colonoscopy Low Volume Preparation: Suprep®



**PATIENT
EDUCATION**

Please call the endoscopy nurse at **716-845-8546** if you have any questions.

Dietary Restrictions

4 days before colonoscopy:

- Stop eating foods that are high in fiber, and do not resume high fiber foods until after your colonoscopy.
 - High fiber foods: salads, corn, popcorn, green vegetable, brown rice, whole grain bread, beans, seeds, nuts.

Medication Instructions

- Please tell your nurse about all the medications you are taking. They will tell you what medications to take with a sip of water the morning of your procedure.
- If you take medication to treat or prevent blood clots, someone from the anesthesia dept. will review them.
- **If your doctor gives you different instructions, ALWAYS follow your doctor's instructions.**

7 days (1 week) before the procedure, stop taking:

- vitamins, herbal medications, supplements

3 days before the procedure, stop taking non-steroidal anti-inflammatory medications (NSAIDs) such as:

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| • diclofenac (Voltaren®) | • meloxicam (Mobic®) |
| • etodolac (Lodine®) | • naproxen (Aleve®/Anaprox®) |
| • ibuprofen (Advil®/Motrin®) | • piroxicam (Feldene®) |
| • ketoprofen | • sulindac (Clinoril®) |

Bowel Preparation Medications

Bowel preparation solution: Your doctor will send a prescription for (2) 6 oz bottles of Suprep®. Call us at **716-845-8546** if your pharmacy did not receive the prescription.

The Day Before Your Test

You will be on a clear liquid diet ALL day (see pages 3 and 4 for clear liquid diet suggestions)

Time	What You Need to Do - The Day Before Your Procedure
4:30pm	Step 1: Pour (1) 6 oz bottle of Suprep liquid into the mixing container Step 2: Add water to the 16 oz line on the drinking container and mix Step 3: Drink all the liquid in the container Step 4: You must drink 2 more 16 oz containers of water over the next hour

Time	What You Need to Do – The Day of Your Procedure
12 am (midnight)	After midnight, do not eat or drink anything EXCEPT the remaining bowel prep and instructed medications with a small sip of water
Start 6 hours before arrival time	Repeat steps 1-4

Suggestions for a Clear Liquid Diet

Remember to avoid all red and purple colors.

- Soft drinks (orange, ginger ale, cola, lemon/lime, etc.)
- Sports drinks (Gatorade or Powerade) or Kool-Aid
- Fruit juice **without** pulp (apple, lemonade, white cranberry, white grape).
- Popsicles/lemon ice (no sherbet, sorbet, or fruit bars)

- Water, flavored waters, tea or coffee (you can add sugar, but **NO milk or creamers**)
- Chicken, beef, vegetable broth or bouillon – no added meats, noodles, or vegetables
- Hard candy, Jell-O

The Day of the Procedure – At Home

- Take your medications as instructed by the nurse or anesthesia team.
- Remove all piercings and jewelry, including rings.
- Remove contact lens.
- **Remember to come with a responsible driver who can take you home or your procedure will be cancelled.**
- If your driver is not present, we will call to verify your ride.
- If you are coming by medical transportation or a cab, you must have a responsible adult accompany you.

The Day of the Procedure – At the Hospital

- If you are a new patient, please stop at the Registration Desk in the Main Lobby. Please bring photo ID and insurance cards.
- Proceed to 3 West/Ambulatory Surgery Center on the third floor and check in with the receptionist.
- Be prepared to spend 3-4 hours at the hospital.

After Your Procedure

- Your doctor will discuss the results of the procedure with you after you are awake in the recovery room.
- You will be given discharge instructions explaining how to care for yourself at home and when to call the doctor.