


Colonoscopy Preparation Instructions for Suprep

Spokane Digestive Disease Center, P.S.

Appointment Date: _____ Check-in Time: _____ Procedure Time: _____

7 Days Prior	3 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p>Stop Blood Thinners such as: Clopidogrel (Plavix), Aggrenox, Ticlid, Pradaxa.</p> <p>Stop Iron supplements.</p> <p>Stop Fiber supplements and foods with skins, seeds or nuts. Tomatoes, cucumbers, corn, popcorn, wheat breads, berries, poppy or chia seeds and nuts.</p> <p>Arrange a ride. You will be sedated for your exam and must have a driver to take you home or the exam will be cancelled. Taxi or public transportation is not acceptable.</p> <p>On your procedure day, you will not be able to work, sign important papers, drive, operate equipment, drink alcohol or take sedatives for the remainder of that day.</p> <p>No out of town travel to a remote area or on a cruise ship for 1 week if polyps are removed.</p>	<p>Carefully review the upcoming prep instructions for the next 2 days.</p> <p>Purchase Suprep at the pharmacy.</p> <p>Stop - Blood thinners such as: Coumadin, Warfarin.</p> <p>Stop - Anti-inflammatory medications: Motrin, Advil and Ibuprofen. You may take Tylenol.</p> <p>Stop - Aspirin only if you are taking it for arthritis or as a general recommendation.</p> <p>Do NOT stop Aspirin if you have a history of heart disease, TIA, stroke or blood clots.</p> <hr/> <p>Appointments that are not cancelled or rescheduled 3 business days in advance will be subject to an administrative fee of \$100.00.</p>	<p>Drink eight glasses of clear liquids throughout the day to stay hydrated.</p> <p>If you are Diabetic you may need to adjust your medication prior to the procedure. Check with your Primary Care Provider.</p> <hr/> <p style="text-align: center;">Confirm your ride</p> <div style="text-align: center;">  </div> <hr/> <p>Failure to follow the instructions correctly may result in cancellation of your procedure.</p>	<p>Clear Liquid Diet (See handout)</p> <p>NO SOLID FOODS</p> <p>5:00 – 7:00 PM Begin drinking the Suprep.</p> <ol style="list-style-type: none"> 1.) Pour one 6oz. bottle of Suprep liquid into the mixing container. 2.) Add cool drinking water to the 16oz. line and mix. 3.) Drink all of the liquid in the container. 4.) Refill the container two more times with plain water and continue drinking it over the next two hours. <p>If you feel full, become nauseated or vomit, you can take a 15-20 minute break and resume drinking the prep when the symptoms subside.</p> <p>Continue to drink other clear liquids. Do not consume sugar-free beverages.</p> <p>If you are unable to keep any of the prep down please call: <u>(509) 838-5950</u></p>	<p>Take your regularly scheduled heart, blood pressure or seizure medications.</p> <p>At _____ begin 2nd dose of Suprep. Repeat steps #1-#4 as done with the first dose.</p> <p>The final results should be clear yellow or green resembling chicken broth or lemonade with no solid stool.</p> <p>Continue to drink clear liquids until _____.</p> <p>Nothing by mouth 4 hours prior to your procedure time.</p> <p>Be sure to bring:</p> <ul style="list-style-type: none"> ✓ Co-pay/Deductable ✓ Insurance Card ✓ ID/Driver License ✓ List of your current medications ✓ Asthma Inhalers <p>Leave valuables at home!</p> <p>Your DRIVER will need to sign you out of the facility and must be available in our waiting area during and upon completion of your procedure.</p>