

# WESTSIDE GASTROENTEROLOGY

CONSULTANTS

## Colonoscopy Bowel Preparation Instructions (SUPREP®)

Note that these instructions are also used if you are having an upper endoscopy and a colonoscopy scheduled for the same day.

### **PLEASE READ AND FOLLOW THESE INSTRUCTIONS ON THE DAY YOU RECEIVE THEM**

Our goal is to provide excellent quality care during your visit with us and throughout your experience with our office. We have included some very important information pertaining to your procedure and care.

If you must cancel or reschedule your procedure, please call **Westside Gastroenterology at 317-745-7310** as soon as possible.

Please contact Westside Gastroenterology at 317-745-7310 with any prep questions or concerns.

### **Bowel Prep and Clear Liquids Shopping List**

Some of the medications listed below are available over the counter without a prescription. They are typically found in the laxative section of the pharmacy. Generic versions of these medications are acceptable. A prescription is needed for SUPREP®.

- **SUPREP®**
- **Clear Liquids including** clear fruit juices, white grape juice, apple juice, Kool-Aid®, POWERADE®, clear soup broth or bouillon, popsicles, coffee (no cream), tea, soda pop (7-Up®, Sprite®, regular or diet Pepsi® and Coke®, ginger ale, orange soda), Jell-O® (without fruit or other additions). **Do not purchase Red or Purple colored drinks**
- OPTIONAL - **Simethicone** 80mg or 125mg (common brand name is Gas-X®) to use if needed for bloating symptoms.
- OPTIONAL - a **petroleum-based ointment product** or diaper rash ointment for potential irritation from frequent bowel movements.

### **14 DAYS BEFORE PROCEDURE**

- If you are taking weight loss medication, contact Westside Gastroenterology for instructions on stopping the medication prior to your procedure.
- Stop any multivitamins, iron supplements, and herbal supplements.

## **7 DAYS BEFORE PROCEDURE**

- Purchase prep medications and clear liquid diet items.
- **Make arrangements for someone 18 years or older to come with you to the procedure.** Sedation is given during your procedure. A responsible adult must be present before, during, and after your procedure. Drop-offs are not allowed. After your procedure, you will not be able to drive, operate machinery, make important decisions, or return to work for the rest of the day. You may resume normal activities the next day unless your doctor directs otherwise. No Taxi or Uber/Lyft drivers.
- **Begin avoiding corn, popcorn, nuts, or foods containing visible seeds.**
- Stop anti-inflammatory medications ibuprofen (Motrin®, Advil®), naproxen (Aleve®).
- Celebrex® and acetaminophen (Tylenol®) are ok to use.

## **2-7 DAYS BEFORE PROCEDURE**

- **STOP anticoagulants/blood thinners** exactly as you have been instructed by your prescribing physician. This may include clopidogrel (Plavix®), warfarin (Coumadin®, Jantoven®), dabigatran (Pradaxa®), apixaban (Eliquis®), or other non-aspirin blood thinners. Do not stop these medications on your own. If you are uncertain if you need to stop a medication, please call our office for instructions. If you take low-dose aspirin (81 mg), you may continue taking it.
- If you have diabetes and were not given specific instructions for management of medications, please contact the provider who prescribes your diabetes medication for adjustments prior to your procedure.

## **1 DAY BEFORE PROCEDURE**

- **No solid food after midnight on the day before your procedure.**
- Drink plenty of fluids throughout the day to avoid dehydration including water, clear fruit juices, white grape juice, apple juice, Kool-Aid®, POWERADE®, clear soup broth or bouillon, popsicles, coffee (no cream), tea, hard candy/jelly beans, soda pop (7-Up®, Sprite®, regular or diet Pepsi® and Coke®, ginger ale, orange soda), Jell-O® (without fruit or other additions).
- **NO ALCOHOL**
- **NO RED/PURPLE colored drinks, popsicles, or Jell-O®**

## **Bowel Prep Instructions**

**STEP 1:** At 6 pm, take your **first dose of SUPREP®**.

- Add 6 ounces of cool water, Gatorade®, Ginger Ale, or Sprite® to 6 ounces of SUPREP® liquid in the cup provided. Drink it slowly. One hour later, drink 2 cups of water.

## **DAY OF PROCEDURE**

**STEP 2:** Take your **second dose of SUPREP®**.

- Add 6 ounces of cool water, Gatorade®, Ginger Ale, or Sprite® to 6 ounces of SUPREP® liquid in the cup provided. Drink it slowly. One hour later, drink 2 cups of water. **Complete this step 4-6 hours prior to arrival time.**
- Do not eat or drink anything (SOLID, LIQUID, OR ALCOHOL) except the prep solution 4-6 hours prior to arrival time.
- You can take your morning medications with sips of water but do not take ace inhibitor blood pressure medication (e.g. lisinopril, enalapril, benazepril).
- Do not chew gum or chew tobacco.
- Wear loose-fitting clothes, no jewelry, makeup, or hair products.

The goal of the bowel prep is to have colorless (or close to colorless) liquid stool by the time the colonoscopy procedure will occur. It is normal to have yellow or green diarrhea.

**Note:** If you think the prep is not working call the office at 317-745-7310, or if after hours, call the hospital operator at 317-745-4451 and ask for the GI doctor on call.