

PREPARATION FOR COLONOSCOPY

(Follow **ONLY** these instructions given by the GI Department)

WHAT TO BUY BEFORE YOUR COLONOSCOPY

PURCHASE THESE ITEMS FROM THE STORE AND PHARMACY:

- **SUPREP BOWEL PREP** from pharmacy.
- **CLEAR LIQUIDS TO DRINK FOR THE DAY BEFORE YOUR COLONOSCOPY** (no red or purple). You can find a list of approved clear liquids below.

Examples of clear liquids (NO RED OR PURPLE)

- Broth: Clear only (no bone broth)
- Coffee, tea (no milk)
- Juice: Clear only (no pulp, no lemonade or coconut water)
- Soda and Kool-Aid
- Jell-O and Popsicle
- Clear hard candy

FOR PATIENTS WITH DIABETES OR KIDNEY DISEASE:

Use water, Gatorade Zero, or Crystal Light instead of regular Gatorade.

7 DAYS BEFORE YOUR COLONOSCOPY

READ ALL PREP INSTRUCTIONS.

- **WEIGHT LOSS OR DIABETES MEDICATIONS THAT SLOW DIGESTION MAY NEED TO BE STOPPED.** Please speak with our department about instructions to hold if you are taking these medications.
- **ASK YOUR PRESCRIBING DOCTOR ABOUT WHEN TO STOP TAKING BLOOD THINNERS** such as Plavix, Xarelto, Eliquis, Coumadin, or Brilinta. You may continue to take aspirin.
- **IF YOU TAKE INSULIN**, ask your prescribing doctor about dosage for your preparation day. Do not take any insulin the day of the procedure.
- **STOP TAKING** all herbal products, oil-based vitamins, and iron supplements.
- **STOP TAKING** fiber supplements such as Metamucil, Citrucel, FiberCon, BeneFiber, or Konsyl.
- **STOP TAKING** medicine that stops diarrhea such as Imodium, Kaopectate, or Pepto-Bismol.
- **STOP EATING** salads, nuts, seeds, popcorn, hard fruits, and hard vegetables.

MAKE SURE SOMEONE IS AVAILABLE TO DRIVE YOU HOME AFTER YOUR PROCEDURE.

THE DAY BEFORE YOUR COLONOSCOPY

- **DRINK ONLY CLEAR LIQUIDS ALL DAY**
- **NO SOLID FOOD**
- **NO ALCOHOL**

- **DRINK AT LEAST EIGHT (8) OUNCES OF CLEAR LIQUIDS EVERY HOUR** while awake.
- **YOU WILL NEED EIGHT (8) HOURS BETWEEN YOUR FIRST AND SECOND DOSES OF THIS PREP.**
- **AT 4 P.M., POUR ONE (1) 6-OUNCE BOTTLE OF SUPREP LIQUID INTO A MIXING CONTAINER.** Add cold water up to the 16-ounce line on the cup and mix. Drink all the mixture.
- **YOU MUST FOLLOW WITH TWO (2) MORE 16-OUNCE CONTAINERS OF CLEAR LIQUIDS** over the next 1-2 hours.

OUR OFFICE WILL CALL YOU BY 2 P.M. TO TELL YOU WHAT TIME TO COME FOR YOUR PROCEDURE.

THE DAY OF YOUR COLONOSCOPY

- **NO SOLID FOOD**
- **NO ALCOHOL**
- **NO GUM OR MINTS**

- **FIVE (5) HOURS BEFORE YOUR PROCEDURE ARRIVAL TIME, POUR THE OTHER 6-OUNCE BOTTLE OF SUPREP LIQUID INTO THE MIXING CONTAINER.** Add cold water again up to the 16-ounce line on the cup and mix. Drink all the mixture.
- **YOU MUST FOLLOW WITH TWO (2) MORE 16-OUNCE CONTAINERS OF CLEAR LIQUIDS** over the next 1-2 hours.
- **STOP DRINKING ALL LIQUIDS THREE (3) HOURS BEFORE YOUR ARRIVAL TIME.** If you don't, your procedure may be delayed or canceled.
- Take your morning asthma and seizure medications with a small sip of water.
- If you take medicine for your heart or blood pressure, please talk to our nurse before your procedure.

AFTER YOUR PROCEDURE, YOU MAY EAT YOUR USUAL DIET UNLESS YOUR DOCTOR TELLS YOU DIFFERENTLY.

YOU NEED TO DRINK ALL OF THE PREPARATION SOLUTION AS INSTRUCTED!

THIS HELPS CLEAN YOUR BOWEL WELL, EVEN IF YOU'RE ALREADY PASSING CLEAR LIQUID.



If you think the prep is not working by 10 P.M., call 856.342.2000 and ask for the Gastroenterology Fellow on call.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, DON'T HESITATE TO CALL.

(MONDAY-FRIDAY, 8 A.M.-4:30 P.M.)

856.380.7750

