



Colonoscopy Preparation Instructions

The bowel preparation is very important. Properly done, it will shorten the procedure time and make it easier for you. Please carefully follow the instructions below. (If instructions are not followed, your colon may not be clean enough to complete the exam.) **You should be passing water that is clear yellow or orange like chicken broth NOT Brown if so call office for further instructions.**

SUPREP

- Insulin: _____
- Coumadin/Warfarin: _____
- Plavix/Pradaxa/Xarelto: _____
- Lovanox: _____
- Dulcolax: (2) 5mg **Laxative** Tablets OTC 3rd day prior
- Magnesium Citrate OTC Bottle 10 oz. Day before procedure in AM

➤ **Three Days prior:** _____ Need to avoid hard to digest foods such as popcorn, celery, corn, seeds, nuts and salad and no raw fruits or vegetables.

➤ **Day before procedure:** _____ Clear Liquid Diet All Day **NO FOOD!!!**

Drink only clear liquids all day (*exclude liquids with RED or PURPLE coloring, NO milk or Milk Products, No non-dairy creamer & NO Orange Juice.*) Examples of clear liquids include: coffee, tea, water, broth, apple juice, athletic drinks, Kool-Aid, crystal light, Jell-O, soda pop, popsicles, white cranberry juice, white grape juice.

1st Bottle At **5:00 PM** – Pour *one* 6 oz. bottle of Suprep into mixing container add water to the fill line of container – Drink all liquid in the container followed by 2 more 16 oz. glasses of water over the next hour. **Take your regular medicine as usual.*

➤ **Day of Procedure:** _____ **Arrival Time:** _____

2nd Bottle At _____ AM – Pour *one* 6 oz. bottle of Suprep into mixing container add water to the fill line of container – Drink all liquid in the container followed by 2 more 16 oz. glasses of water over the next hour. Continue to drink fluids until your procedure.

- If having upper endoscopy with colonoscopy, stop all liquids 1 hour prior to procedure**
- **Hold all medications until procedure is done**
- Please make arrangements to have someone bring you and wait in the lobby for post procedure instructions. Our policy requires a responsible adult escort you from the Endoscopy suite, drive you home. **You may not meet your ride in the parking lot.**
- **The procedure involves sedation, and you will not be allowed to leave unaccompanied or should not plan to drive for 24 hours.**

ALTERNATIVE PREP

MIRALAX

Prep Items to purchase over-the-counter:

- * 2- Dulcolax 5mg **Laxative** Tablets
- * 2- 238gm (8.3 oz.) Bottles of Miralax
- * 2- 64 oz. of Gatorade or clear liquid of your choice (not red or purple)
- * 1- 10oz. Bottle magnesium citrate OTC

- Insulin: _____
- Coumadin/Warfarin: _____
- Plavix/Pradaxa/Xarelto: _____
- Lovanox: _____

➤ **Three Days prior:** _____ Need to avoid hard to digest foods such as popcorn, celery, corn, seeds, nuts and salad and no raw fruits or vegetables.

➤ **Day before procedure:** _____ Clear Liquid Diet All Day **NO FOOD!!!**

Drink only clear liquids all day (*exclude liquids with RED or PURPLE coloring, NO milk or Milk Products, No non-dairy creamer & NO Orange Juice.*) Examples of clear liquids include: coffee, tea, water, broth, apple juice, athletic drinks, Kool-Aid, crystal light, Jell-O, soda pop, popsicles, white cranberry juice, white grape juice.

- **At 3p.m.** take 2 5mg Dulcolax Laxative tablets/ Take 10oz. Magnesium Citrate
- **At 5p.m.** take a 238 gram (8.3 oz.) bottle of Miralax mixed with 64 ounces of Gatorade or something similar (not red or purple). Drink 8 ounces every 10-15min until the entire bottle is consumed. Continue to drink fluids throughout the day. ***Take your regular medication as usual.**

➤ **Day of Procedure:** _____ **Arrival Time:** _____

- **At** _____ **a.m.** take a 238 gram (8.3 oz.) bottle of Miralax mixed with 64 ounces of Gatorade or something similar (not red or purple). Drink 8 ounces every 10-15min until the entire bottle is consumed. Continue to drink fluids until your procedure.

If having upper endoscopy with colonoscopy, hold all liquids 1 hour prior to procedure.

- **Hold all medications until procedure is done**
- Please make arrangements to have someone bring you and wait in the lobby for post procedure instructions. Our policy requires a responsible adult escort you from the Endoscopy suite, drive you home. **You may not meet your ride in the parking lot.**
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PROCEDURE HELPFUL TIPS

- Put prep bottles in the fridge
- Mix prep with cold sprite/7up or Water
- Use a straw when drinking prep (some patients don't like the taste)
- Have some Jell-O/broth before drinking the prep in the morning to prevent nausea
- If you begin to feel nauseated or full during the preparation, give yourself a 15-30 minute break, rinse your mouth or brush your teeth then continue drinking the prep solution in smaller quantities. It is essential to complete your entire prep.
- Drink plenty of fluids to prevent dehydration and clean the colon out. The cleaner the colon, the easier the procedure will be.
- Please note Suprep is a different price for all pt.'s due to Insurance, if more than \$40 please call to see if we have any samples or you may use the alternative prep on the second page.
- During the procedure, any fluid left in the colon will be removed by the scope to prevent any accidents.
- Anal skin irritation or a flare of hemorrhoid inflammation may occur. Treat with over-the-counter remedies, such as hydrocortisone cream, baby wipes, Vaseline, TUCKS pads. Avoid products containing alcohol and suppositories.
- If you have questions, please reach us through the WEB Portal or Call 208-463-3008 or after hours 208-463-3000 and leave a message with the answering service.