SUPREP for Colonoscopy

READ THESE INSTRUCTIONS AT LEAST 5 DAYS PRIOR TO COLONOSCOPY

Date of colonoscopy ________________  Arrival Time ________________

Time of Colonoscopy ________________  Cancel by: ________________

$100.00 FEE if not cancelled by this date

Location:

_____ Presbyterian Hospital Dallas
8200 Walnut Hill Lane, Dallas, TX 75231
Phone (214) 345-2669

_____ North Central Surgical Center (attached to the Carrell Clinic)
9301 N Central Expy
Tower 1, 2nd floor; take elevator to the 2nd floor and follow signs to the endoscopy/ pain management suite at the end of the hall
Dallas, TX 75231
Phone (214) 265-2810

You are scheduled for a colonoscopy, an examination of the colon (large intestine) with a lighted flexible scope. During colonoscopy, if an abnormality is seen, it is biopsied and removed. A biopsy involves removing a portion or all of the abnormal area for processing and subsequent examination under a microscope.

Plan to be with us for a total of three to four hours. You will arrive at the Gastroenterology lab about 60 – 90 minutes prior to your colonoscopy. When you arrive, you will need to complete your paperwork and change into a patient gown. The nursing staff will perform a brief assessment, place an I.V., and take you into the procedure room where you will be sedated and undergo colonoscopy. The colonoscopy itself takes about 30 – 60 minutes.

After colonoscopy, you will rest in the recovery area while the sedative wears off. Due to the sedation, you may not remember your conversation with Dr. Gottesman after the colonoscopy. Please have a family member or friend stay with you who can speak with the doctor and nurses after the procedure. By law, you cannot drive the rest of the day. We advise you to take the entire day off from work. If a large polyp is removed at colonoscopy, you should not fly in an airplane for 10 days.
**Colonoscopy Preparation Timeline**

The colon must be thoroughly cleansed prior to colonoscopy, or polyps and cancers can be easily missed. Please carefully follow these instructions, and call the office if you have any questions.

**Purchase in Advance**

- Suprep kit (prescription)
- Desitin, Balmex or Vitamin A&D Ointment (optional)

**Five or more days prior to colonoscopy:**

- Arrange for a ride. If you do not have a ride, we will have to cancel the procedure.

- Purchase the laxative medications listed above.

- If you are taking coumadin (warfarin), Pradaxa or other blood thinners such as aspirin (including baby aspirin), Plavix, Pletal, Aggrenox, ibuprofen, naproxen, and most arthritis medication, you will need to stop these medications 5 days prior to your procedure, unless you were specifically instructed otherwise by Dr. Gottesman. When coumadin or Pradaxa is stopped, another medication sometimes needs to be started. If you have any questions regarding these medications, contact the office at least 5 days prior to your procedure. For treatment of headache and arthritic pain, use Tylenol (acetaminophen).

- Stop taking iron, and vitamins with iron, five days before the colonoscopy

- If you have a history of heart valve problems or valve surgery or need antibiotics before surgery, please notify us. New guidelines from the American Heart Association recommend NO antibiotics during colonoscopy, with rare exception.

- We make every reasonable effort to verify your insurance coverage, and obtain pre-certification for your colonoscopy. However, we still recommend that you check with your insurance carrier to see if you need pre-approval. Please understand that ultimately, it is your financial responsibility to pay for colonoscopy if your insurance carrier refuses to cover the procedure for any reason. If you are having a colonoscopy for screening purposes (having no problems, but having the exam for preventative purposes), verify with your insurance company that “Screening Colonoscopy” is a covered benefit. We also recommend that you ask your insurance carrier whether they still consider a colonoscopy a “screening procedure”, if a polyp is removed. There should be a number on the back of your insurance card to call.

- Make any needed arrangements to be off work or school on the day of the colonoscopy. Please remember, by law, you cannot drive until the day after your colonoscopy.

- Read and familiarize yourself with the preparation instructions below.

- Please call us with any questions.
**Three days prior to your colonoscopy:**

- Review and plan your diet for the next two days.
- Confirm your ride.
- If you have questions, please call us.

**Two days prior to your colonoscopy:**

- Eat well-balanced, **low fiber** meals. Avoid nuts, popcorn, raw fruit, raw vegetables, whole grains, salads, and high fiber foods and supplements. Pasta, white bread, beef, chicken and fish are OK. Do not stuff yourself. Remember….. what you eat must come out!
- Prepare a list of all prescription medications and non-prescription medications you are taking. This includes all over the counter medications, nutritional supplements, anti-inflammatory drugs and vitamins.
- Prepare a list of all medications you are allergic to.
- Prepare a list of any foods you are allergic to. **If you are allergic to soy or eggs, be sure to note this.**
- Bring your lists with you when you have your colonoscopy.
- Body piercings should be removed prior to colonoscopy to avoid arcing and burns if a polyp is removed.
One day prior to your colonoscopy:

- Start on a Clear Liquid Diet when you get up and continue all day.

  **Clear Liquid Diet**

  **Soups:** Clear bouillon, chicken broth, vegetable broth, beef broth, or consommé

  **Beverages:** Tea, coffee (without cream/milk), Kool-Aid, soda, non red Gatorade or similar. *You may add sugar to coffee and tea but not milk or creamer (non-dairy creamers are okay).*

  **Juices:** White cranberry, apple, white grape, strained lemonade, limeade, and orange drink. *Any juice that is not red, you can see through, and has no pulp is acceptable.*

  **Dessert:** Italian ices, popsicles, Jell-O (not red), and hard candy.

- Do not drink red colored beverages or eat red Jell-O. Any other color Jell-O is OK

- No solid food of any kind.

- Throughout the day, make sure to drink at least eight glasses (two quarts) of fluids such as Gatorade, clear juices or similar beverages.

- Take your usual prescription medications, except blood thinners, anti-inflammatory medications, and iron. If you are on coumadin or other blood thinners, you should have discussed with Dr. Gottesman, or your primary care physician, how to stop these medications. If not, please call us. You cannot undergo colonoscopy while taking blood thinners unless special arrangements have been made.

- **Diabetic Patients:** In general, you will take only **one half** of your usual diabetes medication (insulin and pills) the day before your procedure. This should have been reviewed with you at the time you scheduled your colonoscopy. If you have questions, please call the office.

7:00 p.m: Pour one 6 ounce bottle of SUPREP liquid into the mixing cup provided in the kit. Add cool water to the 16 ounce line of the cup. Mix well. Drink all of the liquid in the mixing cup. It is important to drink an additional 32 ounces of water (two 16 oz glasses) over the next hour. Continue to drink clear liquids for the rest of the evening.
The day of your colonoscopy:

5 HOURS PRIOR TO YOUR PROCEDURE: Pour one 6 ounce bottle of SUPREP liquid into the mixing cup provided in the kit. Add cool water to the 16 ounce line of the cup. Mix well. Drink all of the liquid in the mixing cup. It is important to drink an additional 32 ounces of water (two 16 oz glasses) over the next hour.

There may be some bloating or cramping, but this usually resolves once the diarrhea begins.

Rarely, some patients develop mild nausea and vomiting. If this occurs, stop drinking Suprep for a few minutes, and then resume drinking at a slower rate.

- You may continue to have clear liquids until 3 hours prior to your procedure. After that time, do not eat or drink anything except a small amount of liquid needed to take your regularly scheduled medication.

- DO TAKE all of your usual prescription medications, except blood thinners, insulin and oral diabetic medication as noted below. DO take your blood pressure and heart medications the morning of the test, with a little bit of water.

- Diabetic Patients: Do NOT take your diabetes pills today, but bring a dose with you to take after you have eaten, following your colonoscopy. If you are on Insulin, please “hold” the insulin until after you have eaten, following the procedure.

- Leave your valuables at home (jewelry, watches, etc) and limit makeup, body lotions.

- When you are ready to leave, your designated driver will take you home where you can eat and relax the rest of the day. You will receive specific instructions about eating, activities, and medications before you leave.

Frequently Asked Questions

1. One of the medications I was instructed to take the morning of my procedure is red. Can I take it?
   Medications for blood pressure, heart conditions, and seizures should be taken the morning of your exam regardless of the color.

2. I feel like vomiting and do not think I can drink any more. What should I do?
   It is important that you continue to drink the solution if possible. Without a clean bowel, the doctor will not be able to see the inside of your colon to complete the examination. If you do vomit, wait 30 minutes and begin drinking the solution again. If not improved, call us and have a phone number of an open pharmacy in case we need to call in a prescription.
3. I drank a lot of the solution and have not gone to the bathroom yet. What should I do?
   Keep drinking. Most people have a bowel movement after an hour; some patients may take two hours or longer.

4. I am taking the prep and now having loose, watery stools. Do I still need the rest of the prep?
   Yes, you may have solid stool higher in the colon that needs to be eliminated.

5. I already have diarrhea before taking the prep, do I still have to take the laxative?
   Yes, you must take the prep as directed by your doctor. Your colon is approximately six feet long. The entire colon must be emptied for your physician to see the colon clearly.

6. I see yellow color in the toilet bowl and a few flecks. What do I do?
   If you drank the entire solution or if your last bowel movements were clear enough that you were able to see the bottom of the toilet, you should be fine. It is okay if you have some flecks of material. The yellow color is a result of bile that normally colors the feces. This should not interfere with the examination.

7. My bottom is so sore. What can I do?
   To clean the area, avoid rubbing. Gently pat with a wet washcloth. Apply Vaseline, Preparation H, or Desitin liberally.

8. Can I chew gum or suck candy?
   Yes, but nothing with soft centers or red color.

9. What if I am still passing stool the morning of my test?
   Take a tap water enema until you run clear. If this does not work, call the office.

10. Can I brush my teeth?
    Please do.

11. Can I wear my dentures?
    Yes, you may wear your dentures to the endoscopy suite. However, you may be asked to remove them prior to the procedure.

12. I have been instructed not to take anti-inflammatories or blood thinners several days before the procedure. What can I take for headaches and pain relief?
    You may take Tylenol as directed.

13. Can I have chicken soup?
    You can only have the broth; no noodles, chicken, or vegetables allowed.

14. Can I have the colonoscopy if I am menstruating?
    Yes, the procedure can still be performed. We ask that you use a tampon if possible (not absolutely necessary).