

# Colonoscopy Preparation: Suprep



<i>What To Do and When</i>	<i>Details</i>
<b>7+ Days before your procedure</b>	
Arrange for someone to drive you to your procedure and back home.	This cannot be a Taxi, Dial-a-Ride, Uber, Lyft, etc. You must have someone drive you home that can stay with you following your procedure.
Purchase your prep from the pharmacy	1 box of Suprep Bowel Prep.
Register online with the Bend Surgery Center (only necessary for patients having procedure at Bend Surgery Center)	<a href="http://www.bendsurgery.com">www.bendsurgery.com</a> Go to Patient Forms – Register One Medical Passport – Create User Name and Password – Complete Form
Check which medications you may need to stop taking	See medication instructions on the next page. Call your prescribing doctor if you have questions about your medications.
<b>3 Days before your procedure</b>	
Stop eating high-fiber foods as of this morning	Foods to avoid: Seeds, Nuts, Salads (lettuce, kale, spinach), Corn, Beans, Lentils, Quinoa
<b>2 Days before your procedure</b>	
Eat SOFT FOODS Only, all day	Examples: Ensure, Boost, yogurt, milkshakes, scrambled eggs, protein shakes, pudding, mashed potatoes, smoothies with no berries or seeds.
<b>1 Day before your procedure</b>	
Only consume CLEAR LIQUIDS from the time you wake up. NO SOLID FOODS	See list of clear liquids on following page. It is important that you drink other fluids throughout the day in addition to the laxative.
<b>6:00pm:</b> Drink the first dose of Suprep bowel prep.	Pour one of the 6 ounce bottles of Suprep liquid into the mixing container. Add cool drinking water to the 16 oz line on the container and mix. Drink all of the liquid in the container.
<b>7:00pm-Bedtime:</b> After finishing the first dose of bowel prep you MUST drink two (2) more 16 oz container of water over the next hour to prevent dehydration.  If your procedure time is scheduled to start <b>before Noon:</b> <ul style="list-style-type: none"> <li><b>11:00pm:</b> Drink the second dose of Suprep bowel prep</li> </ul> If your procedure time is scheduled to start <b>after Noon:</b> <ul style="list-style-type: none"> <li>You will take the 2<sup>nd</sup> dose tomorrow</li> </ul>	Stay close to a bathroom.  Pour one of the 6 ounce bottles of Suprep liquid into the mixing container. Add cool drinking water to the 16 oz line on the container and mix. Drink all of the liquid in the container.
<b>Day of your procedure</b>	
5 hours prior to your procedure time you need to drink the second dose of the Suprep bowel prep. (this is only for afternoon procedures, morning procedures did this step last night at 11:00pm)	Pour one of the 6 ounce bottles of Suprep liquid into the mixing container. Add cool drinking water to the 16 oz line on the container and mix. Drink all of the liquid in the container.
You may continue to drink clear liquids up until 4 hours prior to your procedure time.	Absolutely <u>NOTHING</u> by mouth within 4 hours of your procedure.

## Frequently Asked Questions:

### Which medications should I stop taking before my procedure?

- If you are taking Coumadin, Plavix or Aggrenox you **must** contact your prescribing doctor at least 7 days prior to your procedure for instructions on how these medications should be handled prior to your procedure.
- Stop taking oral Iron, Fish Oil and Vitamin E 7 days prior to your procedure
- Ask your prescribing doctor when to stop taking the anticoagulants rivaroxaban (Xarelto), apixaban (Eliquis), or edoxaban (Savaysa)
- Don't take any diuretics (water pills) the morning of your procedure

### Which medications am I allowed to continue to take prior to my procedure?

- Continue to take your blood pressure medications, such as atenolol, metoprolol, carvedilol or lisinopril up until the day of your procedure. Do not take these medications the morning of your procedure.
- **Don't Stop** your daily low dose (81 mg) aspirin treatment
- Tylenol is OK to continue taking
- If you are taking insulin, take half of your usual morning dose the day of your procedure, or check with your primary care physician for appropriate instructions.

### What can I eat/drink the day prior to my procedure when on a Clear Liquid Diet?

- Clear Broths (chicken, beef, vegetable)
- Tea or Coffee without cream or milk
- Jello – but not red, orange or purple in color
- Juice without pulp
- Clear Soda (Sprite, 7-Up, Ginger Ale)
- Gatorade – not red, orange or purple in color
- Popsicles – not red, orange or purple in color

Any questions or concerns please contact the Gastroenterology Department at 541-706-6490

If you need to cancel or reschedule your procedure we ask that you provide us with **at least a 7 day notice** so we have enough time to fill the open slot.