

## Trinity Health Gastroenterology

Medical Arts Clinic 4<sup>th</sup> Floor

400 Burdick Expressway East

Minot, ND 58701

Call: 701-857-7437 or Toll Free 1-800-598-1205 Ext 7437

### Colonoscopy Bowel Preparation Instructions SuPrep

#### 5 Days Before the Procedure

- **If you take** Aggrenox (Aspirin/Dipyridamole), Aspirin, Brilinta (Ticagrelor), Coumadin (Warfarin), Effient (Prasugrel), Eliquis (Apixaban), Plavix (Clopidogrel), Pletal (Cilostazol), Pradaxa (Dabigatran) or Xarelto (Rivaroxaban), call the prescribing physician for instructions about stopping this medication before your colonoscopy. It is not safe to stop these medications without your doctor's advice
- **Stop** taking NSAID medications (Nonsteroidal Anti-inflammatory Drugs) or Aspirin containing pain relievers, or similar drugs both prescription or over the counter until after the procedure unless directed otherwise by the physician that prescribed the medication for you. See NSAID List.
- Arrange for a responsible adult to drive or accompany you home from your procedure. The procedure will not begin if your driver is not present. You will not be discharged alone under any circumstances
- **Do not** eat any peas, corn, peanuts, or nuts until after your procedure
- Avoid food that contains Olestra (an oil substitute)
- Obtain Plain or Aloe Baby wipes or A & D Ointment if needed for soreness
- Take your prescription and obtain your prep at your pharmacy

#### 1 Day Before the Procedure

- Begin a Clear Liquid Diet when you wake up - See Diet Sheet
- Do not drink any red or purple liquids
- No alcohol
- **No gum**
- Drink 4 large glasses of liquid throughout the day
- **5:30 pm**: Mix one 6 ounce bottle of SuPrep with 10 ounces of cool water in the mixing container (16 ounces total).
- **Do Not** use cold water. **Do Not** chill this prep. Drinking chilled prep solution may induce intestinal spasms causing cramping and nausea. Drink all of this liquid.

- Then drink 2 more 16 ounce containers of water (an additional 32 ounces) in the next hour. 8 ounces every 15 minutes in that hour.
- A split prep increases the cleaning of the colon by 93 to 97 percent. The first half is able to soften the harder debris and the second half is able to wash it away resulting in a cleaner colon. A clean colon is essential for visualizing and removing any polyps or flat lesions that may exist
- If you have diabetes take your medications as directed by your doctor
  - Insulin: \_\_\_\_\_
  - Oral Diabetes Medication: \_\_\_\_\_
- Check your blood sugar more often during the day. Treat low blood sugar with apple juice, regular soda pop or any clear liquid that contains sugar. You may suck on hard candy that is **not** sugar free to help maintain your blood sugar.

### Day of the Procedure

- **5 hours before your procedure:** Mix one 6 ounce bottle of SuPrep with 10 ounces of cool water in the mixing container (16 ounces total). Drink all of this liquid
- Then drink 2 more 16 ounce containers of water (an additional 32 ounces) in the next hour. 8 ounces every 15 minutes in that hour.
- Your stool should be clear and watery
- **Do Not** eat or drink any other liquids after you finish the prep mixture
- Brush your teeth but **Do Not** swallow any water
- **No Chewing Tobacco**
- Take your routine morning medications (**except your oral diabetic medication**) with a sip of water
- Report to the Gastroenterology Clinic with your responsible adult
  - Medical Arts Clinic – 4<sup>th</sup> Floor – West Side – Second Desk
- Remember that a responsible adult must drive you home
- Plan to arrive a few minutes before you scheduled time. If you are scheduled at 7 am do not come before 6:50 am as the doors may not be unlocked
- If your procedure is in the morning, expect to be at the clinic for most of the morning

- If your procedure is in the afternoon, expect to be at the clinic for most the afternoon
- Call the number listed above (at the top) if you have any questions or need to reschedule your procedure