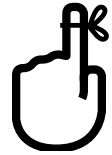


COLONOSCOPY INSTRUCTIONS FOR SUPREP | LOW RESIDUE DIET

If you have a history of constipation (move your bowels 2-3 times weekly) you may need additional bowel prep to help clear your colon. Please contact the intake nurse to discuss prep options. Be prepared once you start drinking the prep, it may take effect at any time.

STEP 1 7 DAYS BEFORE PROCEDURE

- Stop taking iron supplements, vitamins containing iron & fat free foods containing Olestra/Olean (i.e. WOW chips). Check food labels.
- Avoid foods that have seeds, nuts, lettuce, cabbage, corn and beans.
- Stop fiber supplements.
- Pick up the prep at the pharmacy. **DO NOT FOLLOW THE INSTRUCTIONS FROM THE PHARMACY.** Chill Suprep in the refrigerator. Do not open Suprep bottles yet.



WHILE PICKING UP YOUR PREP AT THE PHARMACY, REMEMBER TO PURCHASE A 4 DAY SUPPLY OF MIRALAX AND 4 GAS-X TABLETS.

- If taking Plavix, Effient, Aggrenox, Coumadin, Eliquis, Pradaxa or any blood thinning medication, please inform our nurse at the time of call. This medication will need to be held prior to the procedure and an order obtained from the prescribing physician.

If diabetic, please contact your primary care doctor regarding instructions for diabetic medication while on the clear liquid diet.

STEP 2 3 DAYS BEFORE PROCEDURE

Take one dose of MiraLAX or (generic-glycolax-over the counter) every am until you start your prep (follow instructions on the bottle)

STEP 3 1 DAY BEFORE PROCEDURE BREAKFAST & LUNCH ONLY

Low Residue Diet – options include the following:

- Breads:** white bread, roll or biscuit, white rice or noodles, plain crackers, skinless potato
- Meat:** skinless chicken breast, skinless turkey, fish or sea food, eggs, chicken noodle soup without vegetables
- Fruit:** applesauce, soft honey dew or cantaloupe, canned fruit without seeds or skin, ripe banana
- Vegetables:** cooked or can without seeds - examples - green beans, carrots
- **Drink** 8 ounces of clear liquids every hour starting at 12 pm. This is not the prep solution.

At NOON start clear liquids. Do not consume anything RED or with red dye or pulp. Clear liquids allowed include the following:

- Water, Tea, coffee, clear carbonated beverages, Gatorade or sports drinks (not red)
- Clear fruit juices: apple, cranberry, cranapple
- Plan Jello, popsicles, fat free broth or bouillon

STEP 4 1 DAY BEFORE PROCEDURE STARTING AT 6 PM

- Mix Suprep. Pour one 6 ounce bottle of Suprep into mixing container and add cool water. Drink entire 16 ounce container. Follow with two more 16 ounces of water. This is a (**very important**) part of the prep process.

STEP 4 CONTINUED

- If you have trouble drinking the solution, please slow down, we don't want you to throw up prep. It is very important that all the solution is drank and retained.
- Prep may cause chills after drinking it.
- AT 9 PM** • Take 2 GAS-X (simethicone) anti-gas chewable or soft gels with 8oz of clear liquid. The simethicone medication reduces bubble formation in your colon and improves exam quality.
- AT 10 PM** • Take 2 additional GAS-X (simethicone) doses with 8oz of clear liquid.

STEP 5 DAY OF PROCEDURE

- 6 hours before your colonoscopy is scheduled, pour one 6 ounce bottle of Suprep into mixing container and add cool water. Drink entire 16 ounce container. Follow with two more 16 ounces of water. (Very Important) This is part of the prep process. It is important to drink the second dose on the day of your procedure as it cleans out your colon better and will help us to identify polyps.

PLEASE MAKE SURE YOU ARE LOOKING AT EVERY STOOL. Stools should appear watery clear to yellow in color with no sediment.

4 HOURS BEFORE YOUR PROCEDURE, DO NOT DRINK ANY FURTHER FLUIDS.

- 2 hours before your procedure, take heart and blood pressure medication with a small sip of water.
- Please do not apply lotions, perfumes or cologne the morning of your procedure.
- **Females may be required to do a urine pregnancy test prior to the procedure. Please inquire (about test) at the desk upon arrival or before using the restroom.**

TIPS FOR IMPROVED BOWEL PREP:

- Bowel prep solutions taste best well-chilled.
- You may add Crystal Light or tea bag to mask the taste
- If lukewarm liquids are preferred, remove the dose from refrigerator for 15-30 minutes before drinking.
- Drink the whole dose quickly rather than sipping small amounts
- Try drinking the bowel prep solution through a straw
- Rinse mouth with water, clear soda, or mouthwash after drinking
- Suck on hard candy or lollipops (No red or purple)

TO AVOID A SORE BOTTOM FROM FREQUENT BOWEL MOVEMENTS:

- Apply diaper rash cream/zinc oxide **LIBERALLY** after each trip to the bathroom
- Avoid rubbing; gently pat area with wet washcloth or pre-moistened wipe or rinse with water
- Wipe with refrigerated Tucks or Fleet relief pads (available over the counter)
- Have reading material handy in the bathroom, MP3 player, iPod, etc.