

Colonoscopy Bowel Preparation - Suprep

STOP ASPIRIN, BLOOD THINNERS OR ANTI-INFLAMMATORY MEDICATIONS FOR 1 WEEK PRIOR TO PROCEDURE

DAY BEFORE PROCEDURE

1. Clear liquid diet for breakfast, lunch and dinner. Suggestions include: broth, Jell-O, Popsicles, soft drinks, sports drinks, tea or black coffee (no cream), apple or white grape juice (no pulp). Avoid any liquids with red or purple color. No dairy products. No alcoholic beverages.
2. AT: _____am/pm, pour one (1) 6-ounce bottle of Suprep liquid into a cup. Add cool drinking water to the 16-ounce line on the cup and mix. Drink ALL the liquid in the cup.
3. You MUST drink two (2) more 16-ounce cups of water over the next hour.

DRINK EACH GLASS QUICKLY RATHER THAN DRINKING SMALL AMOUNTS. DRINK IT ALL!!
DO NOT eat or drink ANYTHING after midnight before the day of the procedure.

PROCEDURE DAY

1. AT: _____am/pm, repeat step two(2) AND three (3) above. This should be 10-12 hours after the 1st dose of Suprep.

NOTE: YOU MUST FINISH DRINKING THE FINAL GLASS OF WATER AT LEAST 1 HOUR BEFORE YOUR SCHEDULED COLONOSCOPY TIME.

2. Report to the hospital or surgery center at the designated check-in time, which is approximately 1 hr 30 min before the procedure time.
3. You will see the surgeon prior to the start of procedure.
4. The procedure takes 15 to 30 minutes. An anesthesiologist sedates you with IV medications for the procedure.
5. You will be discharged from the facility after you are fully awake, tolerating liquids and able to urinate.

You MUST have someone drive you home, as you will not be allowed to drive for 24 hours because of the sedation.

SYMPTOMS

Some mild distention and cramping is normal after a colonoscopy for the first few hours. Rest and a warm heating pad should relieve the discomfort.

A small amount of blood with the first bowel movement is not unusual if biopsies are taken. Call the office if you experience a large amount of bleeding, continuous bleeding or increasing abdominal pain.

FOLLOW UP

Follow up with your surgeon as directed.

Results of the colonoscopy and biopsies will be given to you and your primary care physician. You will be notified when a repeat colonoscopy is indicated.