

# Colonoscopy Preparation

## SuPrep Bowel Prep

### Split Dose Prep

It is important for your colon to be completely clean for your doctor to do a thorough exam. Following the instructions will insure that you are well prepared.

If you are unable to follow the instructions and **you are NOT well prepped**, your colonoscopy will be **CANCELLED**.

### Key Points

- A **designated driver** must come with you and remain in the endoscopy area until you are discharged following your procedure.
- **If you are on blood thinners, it is important for us to get approval well in advance from your provider that it is OK to temporarily discontinue it for your safety.** Blood thinners can be a risk for bleeding if biopsies are taken or polyps are removed during your procedure.
- **Coumadin, Plavix, Aggrenox, Brilanta, and Effient** need to be discontinued **5 days** before the procedure with your physician's approval.
- **Pradaxa, Eliquis, and Xarelto** need to be discontinued **24 hours** before the procedure day, with your physician's approval.

So it's important that we hear from your physician in advance to avoid **cancellation**.

#### • **Cardiac Devices**

Please notify our office if you have a cardiac pacemaker, defibrillator or artificial heart valve.

### 5 Days Before the Procedure

- Discontinue fiber supplements.
- Discontinue any iron containing medications.
- Discontinue blood thinners as ordered.
- You can take baby aspirin (81mg) but not full dose aspirin (325mg)

### 2 Days Before the Procedure

- Stop eating high fiber foods such as seeds, beans, popcorn, nuts, and fruits.
- Have your prescription filled for the Suprep kit and purchase the following:
  1. **Suprep Kit**
  2. **Magnesium Citrate one 10 ounce bottle**
  3. **Gas-X or Mylanta Gas**

### The Day Before the Procedure

For your bowel to be properly cleansed, **you need to stay on clear liquids the entire day**. Plan on drinking liquids throughout the day. Clear liquids you can drink include:

- Water, apple juice, carbonated beverages such as Coke, Pepsi or Sprite, coffee or tea (without milk), Gatorade or Powerade, popsicles, jello, chicken broth. Hard candy is also permitted. No dairy products or drinks with red coloring are permitted.

#### **Step1.**

- At **6 PM**, mix the 6 ounce bottle of **Suprep** and 16 ounces of cool water into the container.
- Drink all of this liquid at your own pace.

- Drink two more 16 ounce containers over the next hour to be sure you are hydrated and that the cleansing works well.
- You should continue to drink other clear liquids of your choice for the rest of the evening.
- Sometimes nausea can occur. If so, take a break for 30 minutes. Sometimes sucking on some hard candy or brushing your teeth will help.
- At times some cramping may occur as the preparation works its way through your system. This should resolve over several hours. You can try Gas-X or Mylanta Gas.
- Anal irritation can be an issue. You can use baby wipes, Vaseline or Desitin or hemorrhoidal cream for discomfort.

## The Day of Procedure

### 5 hours before the time of your scheduled procedure:

#### Step 2.

- Mix the second 6 ounce bottle of **Suprep** and 16 ounces of cool water into the container.
- Drink all of this liquid followed by two 16 ounce containers as before.
- Your goal should be to complete the second dose **4** hours before your scheduled procedure.
- After completing the prep, your stools should be clear yellow and watery.
- **If stools are not clear**, you should then drink the entire 10 ounce bottle of Magnesium Citrate within 30 minutes and complete it **3** hours before the procedure.

- If you are not still not well prepped, contact the facility for further instructions.

- **You must have nothing by mouth 3 hours before your scheduled procedure.**

## Medication Instructions

- You can take your usual medications with a sip of water **2** hours before your scheduled procedure.
- Postpone insulin injections until **after** your procedure is completed.
- Bring a list of your medications if you were unable to talk with the staff before the procedure.

## Contact Information

If you are unable to keep your appointment or have questions about the instructions, call the facility where your procedure is being performed.

- **Nashville Endosurgery Center**  
300 20th Ave S, 8th floor  
Nashville, Tennessee 37203  
**615-284-1335**  
**615-649-9940** (after 5 PM)
- **Lebanon Endoscopy Center**  
100 Physicians Way, Suite 340  
Lebanon, Tennessee 37090  
**615-466-9532**  
**615-547-2334** (after 5 PM)
- **Saint Thomas Midtown Hospital**  
2000 Church Street  
Endoscopy Center, 8th Floor  
Nashville, Tennessee 37203  
**615-284-5291**  
**615-284-1400** (after 5 PM)