Getting Ready for your Colonoscopy (SUPREP)

IMPORTANT: PLEASE READ AT LEAST 1 WEEK BEFORE YOUR PROCEDURE

1 Week Before Procedure

**Driver**
Arrange for a driver (Required for sedation).

**Health Changes**
Notify us of any major health changes, illnesses, or recent hospitalizations. Call (608) 890-5010 for procedures at DHC. For procedures at UW Hospital GI Procedure clinic call (608) 263-8094. For procedures at Meriter/Unity Point call (608) 417-6389.

**Medicine changes**
You will need to stop or adjust blood thinning and diabetes medicines before your colonoscopy. You must call the doctor who prescribes the medicine to discuss this.

- **Blood Thinning medicines** – Call us if you are unable to follow our guidelines, as we may not be able to complete your procedure.
  - No prasugrel (Effient®) for 7 days
  - No warfarin (Coumadin®) for 5 days
  - No clopidogrel (Plavix®) for 5 days
  - No dabigatran (Pradaxa®) for 2 days
  - No rivaroxaban (Xarelto®) for 24 hours
  - No apixaban (Eliquis®) for 2 days
  - No enoxaparin (Lovenox®) for 12 hours

- **Diabetes medicines** – Your medicine and your blood sugar testing will need to be changed during your prep time.
- **Iron & Multivitamins with iron - stop** taking 5 days before your procedure. (You do not need to contact your doctor first.)

**In Case You Are Constipated**
If you are constipated often or have not had a clean colon for a past procedure, and you may need extra prep. Please call to discuss this in more detail.

3 Days Before Procedure

**Low Fiber Diet**
Stop these foods and medicines:
- Corn, popcorn, seeds or nuts.
- Uncooked vegetables, beans and lentils, potato skins.
- Fruits with skins or seeds.
- Whole grain breads, granola or high fiber cereals.
- Fiber supplements (like Metamucil®, Citrucel®, or Benefiber®).
- Anti-diarrhea medicines (like Kaopectate®, Lomotil®, Pepto-Bismol® and Imodium® or loperamide).
See website for tips of what you can eat
www.uwhealth.org/digestivehealth

Pick up Bowel Prep
Call your pharmacy to let them know you will be picking up your bowel prep.
Please pick it up 3 days before your procedure.
DO NOT MIX until the day before the procedure.

1 Day Before Procedure

Clear Liquid Diet
• If your arrival time is before 11am, stop eating solid food and begin clear liquid diet at 10am.
  • If your arrival time is after 11:30am, stop eating solid food and begin clear liquid diet at 2pm.

Clear liquid diet rules:
• No creamers, milks or other dairy products.
• No solid food.
• Drink at least 8 glasses of clear liquids all day to prevent dehydration.
• No red or purple liquids.

Clear Liquids include these “see-through” items:
• Water, clear sports drinks like Gatorade®
• Broth
  • Black coffee, tea, soda
  • Apple juice
  • Jell-O®

Medicines
Take your daily medicines today, EXCEPT those you were told to stop. Take your medicines at least one hour before or one hour after drinking your prep.

How to Mix and Drink the Bowel Prep
Follow the directions below for drinking prep, not the directions on the container.

For Each Dose:
1. Pour one 6-ounce bottle of SUPREP liquid into the mixing container.
2. Add cool drinking water to the 16-ounce line on the container and mix well. Drink ALL the mixed liquid in the container.
3. Drink two (2) more 16-ounce containers of water over the next 1 hour.

When to Take the First Dose
• If your arrival time is before 11am, drink Dose #1 starting between 4pm and 6pm.
  • If your arrival time is after 11:30am, drink Dose #1 starting between 6pm and 8pm.

Bloating and/or nausea may occur. You will have loose, then liquid, stools. This is normal.
If you have a great deal of nausea or vomiting, slow down or stop for 30 minutes. Then start again.
If your bowels do not begin to empty after several hours, or you have severe cramping, dizziness, or lightheadedness, call us at (608) 890-5010.
Procedure Day

Diet
- Stay on Clear Liquids
- No Food.

When to Take the Second Dose
- Mix 16 ounces of cool water as directed above and begin drinking 5-6 hours before your arrival time.
- Drink two (2) more 16-ounce containers of water over the next 1 hour.
- Stop drinking everything, including water*, 4 hours before arrival “at the DHC/Digestive Health Center.

*Exception: You may have no more than ½ cup (4 ounces) water with medicines at least 1 hour before your arrival.

As you finish the prep, your stools should be watery clear or yellow, with no solids (flecks of stool are OK). If you are still passing solid or brown stools, call us at (608) 890-5010.

What to Bring
- CPAP or BiPAP and any inhalers that you use.
- Eyeglass or contact lens case, denture cup
- Ostomy supplies
- Wear comfortable clothing.
- Do not bring valuables, money, or jewelry.

Tips for a Successful Colon Prep
- Plan on each dose taking several hours.
- Stay near a bathroom. Stock up on soft toilet paper and reading materials.
- If you don’t like the taste of the prep, you may add yellow lemonade Crystal Light to the mixture. We recommend mixing it into 1 glass at a time.
- Drinking the prep through a straw may help minimize the taste for you.
- Between glasses, you can chew gum or suck on slices of lime or lemon or hard candies. Avoid red or purple candy.
- After you mix the prep, we suggest you put it in the refrigerator. Take it out of the refrigerator at least 2 hours before you start drinking it, so you won’t feel too cold.
- If you get chilled, try putting a blanket in the dryer to warm it up before using.
What to Expect

• Your appointment at UW Digestive Health Center will last approximately 2-3 hours, from the time you check in until the time you can leave.

• It is up to you if your driver stays in our waiting room or in your private prep and recovery room where private medical information will be discussed.

• Before the procedure, the doctor will talk with you, answer questions, and ask you to sign a consent form.

• An IV will be placed by a Nurse.

• Medicines will be given during your procedure to help you relax and keep you comfortable.

• After your procedure, your doctor will talk with you about the results and give you a report. We strongly suggest that you have your driver wait in your private room to hear the results with you. It is your choice to have your driver with you when the doctor talks to you.

• You will feel sleepy when you leave.

• Plan to spend the day resting at home. You cannot drive or return to work due to the sedation medicines. Most patients are able to return to their normal activities the day after their procedure.

• If biopsies are taken or polyps removed, you can expect to get lab results 1-2 weeks after your procedure, either by phone or by mail

• It may take up to a week for your bowel habits to return to your normal.

See website for additional information including prep video, diet tips, and prep worksheet
www.uwhealth.org/digestivehealth