

# INSTRUCTIONS FOR COLONOSCOPY

(USING SUPREP LAXATIVE)

(OBTAIN ONE KIT OF SUPREP AT ANY PHARMACY. A PRESCRIPTION IS REQUIRED.)

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## READ ALL INSTRUCTIONS CAREFULLY

### REPORT TO

Pacific Gastroenterology Endoscopy Center, 26421 Crown Valley Pkwy. # 140B, Mission Viejo

Date \_\_\_\_\_ Arrival Time \_\_\_\_\_

- 1) If you are taking Iron pills, please stop this for three days before your procedure.
- 2) If you are taking **blood thinning medicines like Coumadin (Warfarin), Pradaxa, Xarelto or Plavix**, please consult your doctor. You may need to stop these medications for up to 7 days prior to your procedure.
- 3) **Do not eat any seeds like popcorn, multigrain bread, sesame, granola bar, corn for one week** prior to colonoscopy.
- 4) **Day Before Examination**
  - Drink only “clear liquids” for breakfast, lunch, and dinner. Solid foods, milk or milk products are **not** allowed.
  - “CLEAR LIQUIDS” INCLUDE:
    - ⇒ Strained fruit juices without pulp (apple, white grape, lemonade)
    - ⇒ Water, Clear broth or bouillon
    - ⇒ Coffee or tea (without milk or non-dairy creamer)
    - ⇒ All of the following that are **not** colored red or purple
      - ◇ Gatorade, Carbonated and non-carbonated soft drinks
      - ◇ Kool-Aid (or other fruit flavored drinks), Ice popsicles
      - ◇ Plain Jello (without added fruits or toppings)

### Evening (6 pm)

- Pour once 6-ounce bottle of SUPREP into the mixing container provided with the kit. Add cool drinking water to the 16-ounce line on the container and mix.
  - Drink ALL the liquid in the container.
  - You MUST drink two (2) more 16-ounce containers of water over the next hour. Drink more if desired.
- 5) **Day of Examination**

**Morning Dose of Laxative: (Four hours before your colonoscopy arrival time)**

    - Repeat the same instructions as mentioned above for the prior evening dose, using the other 6-ounce bottle of SUPREP.
    - You MUST drink two (2) more 16-ounce containers of water over the next hour. Drink more if desired.
    - **Finish drinking all liquids at least 2 hours before your colonoscopy arrival time.** Please eat **NO BREAKFAST**. **DO NOT DRINK COFFEE** on the morning of your examination.
    - **Arrive for Colonoscopy at your scheduled time.**

### 6) MEDICATIONS

- (a) **Evening prior to your examination:** Take any of your usually prescribed medications **more** than two hours before or two hours after you take the SUPREP. This is to decrease the chance of your pills being washed out of your intestines before they can be absorbed.
  - (b) **On the morning of the procedure:** Take all your usually prescribed medications with water before 6 am. If you are a **DIABETIC**, please discuss with your doctor scheduling this test, what you should do with your insulin on the morning of the procedure.
- 7) You will probably require some medication by vein for the procedure to relax you. This medication may make you sleepy for a few hours. If you receive this medication you will be required to remain here at the Endoscopy Center for about half an hour after the procedure is completed for observation.
  - 8) If you receive this relaxing medication by vein, you cannot safely drive yourself home after the test. Therefore, plan on having someone bring you to the Endoscopy Center and return you home after the procedure. Likewise, you should not plan on operating any heavy or dangerous machinery until the day after the procedure.
  - 9) Wear loose comfortable clothing. Please wear or bring a pair of socks with you.



If there are any questions regarding the procedure or its scheduling, please call our office at (949) 365-8836.