

# SUPREP INSTRUCTIONS

A Colonoscopy is an examination of the colon (large bowel) with a flexible lighted tube about the size of your ring finger which transmits a live color image onto a television screen. A good bowel prep is essential for an accurate and successful procedure. These instructions will help maximize the ease, safety, and success of your preparation.

You must have a responsible adult accompany you for the appointment. We ask that you also have a responsible adult at home with you following the procedure. Please be aware you **will not** be permitted to drive home by yourself or leave unaccompanied in a taxi, hotel shuttle, or Uber.

Prior to your Colonoscopy you will need to purchase the following items:

- **Suprep bowel prep. This has been called in to your pharmacy. Please pick it up at your convenience.**
- Clear liquids of choice:
  - Apple juice, white grape juice (no pulp)
  - Broth or bouillon (no noodles or solids)
  - Lemon-lime or clear sodas (Sprite, 7Up)
  - Tea, coffee, or cola (no cream or milk)
  - Popsicles (no red or purple)
  - Jell-O (no red or purple)

## A word about bowel preps:

- NO bowel prep is fun.
- The purpose of the bowel prep is to clean out the colon to allow clear visualization for the exam.
- A bowel prep is the only way to effectively clean out the bowel (if there was another way, we would use it).
- It is a short-term discomfort for a long-term cause.
- Your bowel movements may be frequent, explosive, and liquid (this is to be expected). Respond immediately to the urge.
- Use soft toilet paper and zinc oxide or A&D ointment for skin irritation.

## Preparing for Your Colonoscopy

### One Day Before the Colonoscopy

- Clear liquid diet ONLY – No solid food.

Allowed clear liquids:

- Water
- Apple juice, white grape juice (no pulp)
- Broth or bouillon (no noodles or solids)
- Lemon-lime or clear sodas (Sprite, 7Up)
- Tea, coffee, or cola (no cream or milk)
- Popsicles (no red or purple)
- Jell-O (no red or purple)
- Electrolyte drink of choice:
  - Pedialyte
  - Powerade (light-colored flavors only)
  - Coconut water (no pulp)
  - Clear Propel or Vitamin Water/Zero
  - Gatorade / G2
  - Homemade electrolyte drink

### Evening Before the Colonoscopy

- 6:00 PM: drink the first dose of Suprep mixed with water as directed.
- You must drink two more 16 oz. containers of water over the next 1 hour
- Expect frequent, loose bowel movements
- remain hydrated with clear liquids
- Medications (except blood thinners) may be taken

### Day of the Colonoscopy

**\*\* Nothing by mouth within 3 hours of your procedure or it may be canceled. \*\***

- Five (5) hours before the colonoscopy, drink the second dose of Suprep mixed with water as directed,
- followed by another two 16 oz. containers of water.
- This must be completed 3 hours prior to the exam, at which point nothing else should be ingested (taken by mouth).
- Plan ahead by finishing the Suprep at home, allowing for bowel movements, and adjusting for travel time.

**Note:** If your insurance requires a pre-authorization, please keep in mind that obtaining this authorization does not guarantee payment. Contact your insurance for more information prior to your procedure.

## Frequently Asked Questions:

### **Q: What is a clear stool?**

A: A clear stool can have a slight tint of yellow or brown. It will be completely transparent and will not contain any solid matter. At the completion of the prep, if stool remains brown or solid, please contact scheduling for instruction.

### **Q: I am not having bowel movements, what should I do?**

A: Bowel movements can take up to 5-6 hours to start after beginning the prep. Be patient, continue to drink liquids, and proceed with the second dose of the bowel prep as directed. If you are still not seeing results, you will need to reach your physician's office after 7:00 AM for further instructions.

### **Q: The prep is making me nauseous, what should I do?**

A: If you develop nausea or vomiting, slow down the rate at which you drink the solution. Please attempt to drink all of the laxative solution even if it takes you longer. If vomiting persists, or you are not able to finish the prep, stop the prep and call your physician's office for further instructions.

### **Q: Can I drink alcohol on a liquid diet?**

A: No. Alcohol is not allowed as part of the liquid diet.

### **Q: Can I drink clear protein on a liquid diet?**

A: No. Clear protein drinks may contain particles or residue that can interfere with the procedure.

### **Q: Why do I have to wake up so early for the second dose, why can't I take it all the night before?**

A: A split prep has proven to be the most effective for a successful colonoscopy.

### **Q: If I weigh under 100 pounds, do I need to take all of the prep?**

A: The liquid amount is not weight dependent. It is important to finish the prep for a successful colonoscopy.

### **Q: What are some high fiber foods I should avoid?**

Raw fruits and vegetables are typically high in fiber, as well as nuts, seeds, whole grain breads, beans and lentils.

### **Q What are some good options for low fiber foods?**

A:

#### **Grains & Starches**

- White bread, plain bagels, plain white rice, plain pasta or noodles (no whole wheat), saltine crackers, cream of wheat or grits (no added fiber)

#### **Proteins**

- Tender, lean meats: chicken, turkey, pork, fish (no skin, no frying), eggs (scrambled, boiled, poached), tofu or well-cooked, skinless beans, smooth nut butters (in small amounts)

#### **Dairy**

- Milk, plain yogurt (no fruit or granola), cheese (mild, not processed with seeds or spices)

#### **Vegetables (Cooked and peeled only – No seeds)**

- Carrots, zucchini, potatoes, green beans, spinach

#### **Fruits (No skins or seeds)**

- Ripe bananas, applesauce (plain), canned peaches or pears (no skin, packed in juice), melons

#### **Beverages**

- Water, clear juices (apple, white grape), tea, coffee (no cream), soda, lemonade (no pulp)