

San Diego Gastroenterology Medical Associates

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Suprep Colonoscopy Instructions

Your Procedure has been scheduled for: _____

Check in time: _____ Procedure time: _____

Please Register at:

- Scripps Mercy Hospital 4077 Fifth Avenue. (619) 260-7026
Check in at "Cardiology/Endoscopy Registration" on the 2nd floor (next to Surgery)
- San Diego Endoscopy Center 4033 Third Avenue, Ste. 106 (619) 497-2888

You must cancel or reschedule 7 (seven) working days in advance in order to avoid a cancellation/reschedule fee. Please call the office to speak with our procedure scheduler 619-291-6064 ext. 210

What to bring

- Insurance card, ID card and credit card or other form of payment if your insurance requires you to pay a copay.
- Completed forms (if applicable) for the endoscopy center.
- A list of all your prescription and over the counter medications.
- A responsible adult to take you home after the procedure.
- Warm socks for the procedure and flat shoes for after the procedure.
- Please avoid wearing contact lenses or bringing jewelry/ valuables.

One Week Before the Procedure

1. **STOP** using **iron**, herbals and any fish oil supplements. Preferably we also advise you to stop any non-steroidal anti-inflammatory medications (NSAIDs) like Ibuprofen, Motrin, Aleve, Naprosyn for 5 days prior to your procedure. Celebrex and Tylenol are ok.
2. If you are required to take aspirin daily by your physician for heart disease and/or stroke prevention, please continue to take it. Otherwise you may stop your aspirin for 5 days prior to the procedure.
3. If you take **Coumadin, Lovenox, Plavix, Effient, Brilinta, Ticlid, Persatine** or any medication that thins your blood please contact the prescribing physician immediately for instructions. You may need to stop using these medications for 3-7 days before your procedure.
4. Fill your prescription of **Suprep** from your pharmacy no later than **1 week** prior to your

procedure date.

5. Arrange a ride home from the procedure. You will receive intravenous sedation and will not be able to drive for 18 hours following this procedure.
6. Begin a low residue diet **3 days** before your procedure –

Okay to eat the following:	Do NOT eat the following:
<ul style="list-style-type: none">• White breads, dry cereals, white rice, refined pasta• Limited servings of canned or well cooked vegetables without skins, seeds or pulp• Tender, ground and well cooked meat, fish, eggs and poultry; creamy peanut butter• Milk, yogurt, mild cheese, and cottage cheese(max of two cups per day total)• Butter, mayonnaise, vegetable oils, margarine, plain gravies, and dressings• Broth and strained soups• Carbonated beverages, tea, clear juices or juices that are free of pulp or have been strained, black coffee	<ul style="list-style-type: none">• Whole grain breads and pastas, corn bread or muffins, any other foods made with whole grains• Strong cheese, yogurt containing fruit skins or seeds, raw vegetables (except romaine lettuce)• Tough meat, meat with gristle, highly spiced food and dressings, pepper and hot sauces• Millet, buckwheat, parsnips and olives, dried fruits, berries, figs, prunes and fruits and juices containing pulp or seeds, prune juice, chocolate, coconut\• Seeds, nuts or popcorn

The Day Before The Procedure

Starting when you awake the day before your procedure, eat no solid foods and drink clear fluids all day. **Do NOT** drink anything red or purple, or any milk or dairy products.

Clear liquids include the following:	
<ul style="list-style-type: none">• Water• Clear liquid broth/bouillon• White cranberry• Lemonade• White grape juice	<ul style="list-style-type: none">• Ice popsicles• apple juice• Jell-o (no fruit)• Gatorade• Coffee/tea without creamer

Suprep Bowel Prep Kit is a prescription laxative that contains two 6-ounce bottles and a mixing cup. You must complete the entire prep to ensure the most effective cleansing. **It is important that you follow these physician instructions regarding consumption of clear liquids before your colonoscopy and NOT the kit instructions.**

FIRST DOSE: Begin Step 1 at **5 PM**, the evening before your procedure and proceed as shown below:

1. Pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container.
 - Add cool drinking water to the 16-ounce line on the container and mix.



NOTE: Dilute the solution concentrate as directed prior to use. Drink ALL the liquid in the container.

2. You **MUST** drink (2) more 16-ounce containers of water/clear liquid over the next 1 hour.



- You may apply a petroleum-based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools.
3. **Hydration is important.** During this bowel regimen process please make sure that you continue taking in items that are on the clear liquid diet up.

The Day Of Your Procedure

1. **SECOND DOSE:** Repeat Step 1 and 2 at _____ AM the morning of your procedure (4 hours before your scheduled procedure time) and proceed as shown above.
2. Have nothing to eat before your procedure. You may drink clear liquids up until 2 hours before your procedure and can take heart and blood pressure medications with a sip of water.
3. After the procedure you may eat your usual diet unless otherwise instructed. Drink 8 ounces of liquid at least 6 times after the procedure and before retiring for the night.
 - Do not take diabetes medicine until the procedure is over. Please see insulin instructions below.
 - Take other medicines 3 hours before the procedure or after you get home.
 - Do not drive for 18 hours after the procedure.

Patient Checklist

IF YOU ARE AFFECTED BY ANY OF THE CONDITIONS LISTED BELOW, PLEASE FOLLOW THESE INSTRUCTIONS.

Diabetes	<p>Check with your physician regarding your dose of insulin and other diabetic medications needed the day before and the day of your procedure. Typically, we recommend that you do not take your oral hypoglycemic or insulin before your procedure. Bring it with you to take after your procedure. Check your blood sugar frequently while taking the prep solution and the morning of your procedure.</p> <ul style="list-style-type: none"> • If you take insulin, please take ½ of your usual dose the day before and ½ of your usual dose the day of the procedure. • If you take diabetes pills, please do not take any the day before your procedure.
Coronary stent	If within the last six weeks, please inform the nurse and your physician.
Aspirin	If you are taking aspirin PRESCRIBED by your MD please continue to take it. If you do not have a heart or blood vessel or clotting disorder, and you are taking aspirin on your own without a doctor's advice, please stop taking aspirin 5 days before your procedure.
Coumadin, Plavix, Heparin, Lovenox, Effient or other anticoagulants	<p>Ask the physician who prescribed your medicine how to take it before and after your procedure. If you cannot contact your physician, call us several days before your exam. If you take Coumadin, you may need a blood test two hours before your exam.</p> <p><u>Please do not assume that you can safely follow the same medication adjustments that have been made for your previous procedures.</u></p>
Blood pressure	You can continue to take, can be taken the day of the procedure but must be taken 4 hours before the exam.

Important Reminders

- Please allow approximately 2-3 hours for the procedure.
- Please keep in mind if there are any polyps removed at the time of your procedure that it is medically advised you do not fly for 48 hours to prevent any potential bleeding.
- The Physician's fee is separate from the facility fee. There may also be a pathology fee if biopsies are taken.
- Many insurance carriers and managed care organizations require preauthorization or precertification. *If you have specific questions about coverage for your upcoming procedure, please contact your insurance company.*
- **Notify the office immediately if there are any changes to your insurance.** As a courtesy we will make every attempt to obtain the authorization for these procedures, to ensure this takes place we need to have the correct information on file.
- Please note: although your upcoming colonoscopy may be scheduled as a screening procedure, the physician may find and remove a polyp or perform a tissue biopsy. The procedure may then be considered diagnostic and may not qualify for coverage as a screening service by your insurance. Insurance company policies vary regarding these matters and we urge you to contact your insurance company to obtain their policy on these types of procedures.
- ***You must cancel or reschedule 7 (seven) working days in advance in order to avoid a cancellation/reschedule fee. Please call the office to speak with our procedure scheduler 619-291-6064 ext. 210***