

# Preparing for your colonoscopy

## Suprep



## Colonoscopy

A colonoscopy is an examination of the colon (large bowel) with a lighted flexible tube called a colonoscope. Your colon cleansing efforts are essential for an accurate examination. Please read these instructions carefully at least two weeks prior to your procedure. For more information about the benefits and risks of colonoscopy, please refer to the fact sheet we sent you or call 801.357.7743 for additional information.

## Two weeks before your procedure

- We have sent a prescription to your pharmacy at the time we scheduled your procedure. Some pharmacies do not keep prescriptions more than 2 weeks. Please contact your pharmacy to purchase the SUPREP prescription laxative.
- Call us if you are taking blood thinners such as Warfarin, Plavix, Eliquis, Xaralto, Arixtra, Lovenox, Pradaxa, etc, so we can obtain approval from your physician for you to go off your medications before the procedure.

## One day before your procedure

- Drink only clear liquids from the time you wake up in the morning. These include water, Gatorade, Propel, clear bouillon, broth, plain popsicles, Jello, soda, black coffee or tea with no milk or creamer and clear juices such as apple, white grape or white cranberry, Do NOT drink any red or purple liquids. Do NOT eat any solid food. Do NOT drink alcohol. Do NOT consume any dairy products.

At 6 p.m.:

STEP 1: Pour one 6 oz. bottle of SUPREP liquid into the provided mixing container.

STEP 2: Add cool drinking water to the 16-oz line on the container and mix.

STEP 3: Drink all of the liquid in the container.

STEP 4: You MUST drink 2 more 16 oz. containers of water within the next hour.

## The day of your procedure

- 5 hours before your procedure:
- Repeat steps one through four as listed above.
- IT IS VERY IMPORTANT THAT YOU DRINK THE ENTIRE SUPREP DOSE AND THE WATER WITHIN ONE HOUR FOR THE PREP TO BE EFFECTIVE.
- DO NOT DRINK ANYTHING AFTER FINISHING THE SECOND DOSE OF PREP UNTIL YOUR PROCEDURE HAS BEEN COMPLETED. THIS WILL BE 4 HOURS BEFORE YOUR APPOINTMENT
- Expect to experience symptoms of nausea, cramping and bloating. These symptoms will subside as you continue to have bowel movements.
- Call us before your procedure if you have thrown up your laxative or are not passing clear or yellowish stool.

## During your procedure

You should expect to be at the hospital for up to four hours, including your procedure and recovery times. Someone must come with you and stay with you the entire time you are here. This person will need to drive you home afterward, and with your permission, he or she will talk to the doctor following your procedure. If you have any worries or concerns about your preparation or procedure, please call us at 801.357.7743. If you cannot make your appointment, contact us at least 48 hours prior to your appointment time to cancel and/or reschedule.