

COLONOSCOPY WITH SUPREP

THE PREPARATION

Avoid fruits and vegetables with seeds and high fiber content for three days prior to the examination. Examples include cucumbers, tomatoes, raspberries, strawberries, popcorn, nuts and corn. These types of foods will leave seeds and residue that will clog the suction apparatus of the endoscope and interfere with the examination.

Discontinue iron tablets for 3 days before procedure.

Obtain Suprep from the pharmacy. **Please follow the instructions from our office, not the Instructions on the Suprep box.**

ONE DAY BEFORE THE COLONOSCOPY

1). **TAKE ONLY A CLEAR LIQUID DIET ALL DAY, INCLUDING BREAKFAST.** Common examples include tea and coffee (no cream), broth, popsicles, Jello, Apple juice, white grape juice, soda, and Gatorade. No dairy products, red or purple liquids. Stay very hydrated – the Suprep will work better.

2). Begin drinking the first cup of Suprep at 5:00 PM.

Mix the 6 ounces of Suprep with 10 oz of water

Drink four 8 ounce glasses of water over the next 2 hours

Continue drinking clear liquids until bedtime (no Jello after drinking the Suprep)

3). **On the morning of the procedure, you need to wake up six hours prior to the procedure to drink the second cup of Suprep.** Follow the instructions in #2 above. Drink four 8 ounce glasses of water over the next 2 hours.

4). **NOTHING BY MOUTH 4 HOURS PRIOR TO THE PROCEDURE – THIS INCLUDES GUM, CANDY, COUGH DROPS, LIQUIDS, OR MEDICATION.**

The Suprep will cause you to have multiple bowel movements until a clear watery or yellow bowel movement is passed. If you are still passing brown residue after finishing the Suprep, drink one bottle of magnesium citrate (over the counter laxative). Drink it quickly and follow it with a glass of water. Please remember you need to be finished with it at least 4 hours before the procedure. If you develop severe abdominal cramping or persistent vomiting, call 630-325-4255.

MEDICATION RESTRICTIONS

If you are taking blood thinning medications such Coumadin, Plavix, Xarelto, Trental, Aggrenox, or Equis, our office will give you individual instructions. Please confirm our instructions with your prescribing physician.

If you take an oral hypoglycemic pill, do not take it the day before your procedure or the day of your procedure until after the exam. If you are taking insulin, take ½ of our normal daytime insulin dosages and hold the evening dose the day before and do not take any the morning of the procedure. Please confirm this with your prescribing physician.

If you take Victoza, please get instructions from the prescribing physician.

Continue to take your other prescribed medications, such as blood pressure pills, heart pills, etc..as usual. Take them at least 4 hours before the procedure with a small sip of water. Vitamins and supplements may be taken after the procedure.

THE EXAMINATION

A colonoscopy is an examination of the inside of the colon (large intestine). The examination is accomplished by sedation of the patient and introduction of a flexible instrument containing a video camera through the anus. As the instrument is advanced through the colon to the junction of the small and large intestines, photographs and biopsies of the colon may be taken of the internal lining of the colon; it is essential that the colon be thoroughly cleansed prior to the examination, so that early abnormalities can be clearly seen.

The examination will be done by your doctor and a trained gastrointestinal nurse. You will be positioned on your left side and given intravenous sedation until you are asleep. Monitoring equipment will check your pulse, blood pressure and the oxygen content of your blood. The examination is generally completed within 20-30 minutes and will vary with the specifics of the procedure for each patient.

RISKS

Whenever instruments are used internally, there is a risk of perforation of the colon. There is also a risk of bleeding, especially when colon polyps are removed. Fortunately, these complications are exceedingly uncommon. If abdominal pain or intestinal bleeding is noted after the procedure, notify your doctor immediately.

FOLLOWING THE PROCEDURE

The recovery period after the examination generally requires about 15-45 minutes of observation in the Gastroenterology Laboratory. The sedatives may have a prolonged effect that lasts 12-24 hours. **A relative/friend must be available to drive you home. YOU MAY NOT DRIVE HOME OR TAKE A CAB, UBER OR LYFT.** You may have a light meal after discharge and should plan to spend the remainder of the day quietly at home. Call 630-325-4255 if abdominal cramping, pain, fever or rectal bleeding occurs.

CHARGES

You will receive one charge form the physician performing your examination at Digestive Disease Associates. If you have biopsies, you will receive a bill from the facility that prepares the specimen and from the pathologist. There may also be a charge from Mobile Anesthesia for the use of Propofol (if the procedure is performed at our office). Our office will work with you to send the appropriate bills to your insurance agencies.

It is your responsibility to be sure that your health coverage will pay for the procedure. If you do not provide our office with your insurance information at least one week prior to your procedure, you are responsible for obtaining necessary authorizations, precertifications and referral numbers prior to the examination.

You may be billed for charges that are disallowed by your insurance company.