

SUPREP PREPARATION FOR COLONOSCOPY

Please read these instructions carefully and call the office if you have any questions.

FIVE DAYS PRIOR TO YOUR PROCEDURE:

- All aspirin and anti-inflammatory medications including ibuprofen, Motrin, Aleve, naproxen, Naprosyn, sulindac, piroxicam, Feldene, indomethacin, diclofenac, and Voltaren **are to be continued**. Tylenol (acetaminophen) is also safe to continue.
- If you are taking Coumadin, Plavix (clopidogrel), Pradaxa or other blood thinners, please contact our office to determine if and when you need to stop these medications. An office visit is required prior to procedure to discuss these anticoagulants.
- Stop all fiber supplements including Metamucil, Citrucel, Benefiber, FiberChoice and flax seeds.
- If you are diabetic and use insulin, please contact our office for insulin instructions.
- PLEASE call our office if you have any questions about which medications you should or should not take.
- 3 days prior to your exam, avoid nuts and seeds.

ONE DAY PRIOR TO YOUR EXAM:

- **Do not eat any solid food.** Take only clear liquids by mouth. This includes clear juices (apple, grape, strained orange, strained lemonade), tea, coffee (no milk or creamer), soft drinks, sports drinks (Gatorade, Powerade), clear broth or bouillon, Jell-O and Popsicles.
- Avoid red drinks, red Jell-O and dairy products.
- Consume large amounts of fluids to avoid hunger or dehydration.
- **At 5:00 pm begin drinking Suprep bowel preparation.** Pour (1) 6-ounce bottle of Suprep into the provided cup. Fill to the 16-ounce fill line with water and consume. Drink two 16- ounce cups of water over the next two hours. This will induce stools.
- If you feel nauseous at any time while taking your prep try to drink more slowly, using a straw can help. If vomiting occurs, please call one of our numbers below for instructions. After completing the bowel preparation, your stools should be watery and fairly clear. Please contact our endoscopy department if your stools are not watery or you are concerned with the results of the preparation. **Meridian Endoscopy Center 208-695-2100 Boise Endoscopy Center 208-342-7169 After Hours: 208-343-6458**
- You may continue consuming clear liquids before and after the above medications.

THE DAY OF THE PROCEDURE:

- **Drink the second dose of Suprep starting 6 hours before your exam's scheduled time.** (eg: if your appointment is at 10 am, you should start at 4 am. If it is at 1 pm, you should start at 7 am). You must finish the second dose and two 16-ounce cups of water within 2 hours of starting, so that your stomach is empty for your exam.
- You may continue to drink clear liquids until 4 hours prior to your procedure.
- **DO NOT take anything by mouth for 4 hours prior to your procedure except medications.**
- Take your usual prescribed medications with small sips of water. If you are on anti-inflammatory medications or blood thinners please see instructions above.
- Please bring a list of your current medications and correct dosage to your appointment.
- **NO DRIVING** – Because of the sedatives that you will be given **you cannot drive for the remainder of the day.** You may use a taxi after the procedure. You must have someone drive you home after the procedure.
- You will be sedated for your procedure. Please plan to avoid making important decisions for the remainder of the day after your procedure.

We cannot be responsible for your valuables. Please leave them at home. Bring all insurance cards and a photo ID with you. Please check with your insurance company regarding pre-certification.

You are scheduled with Dr. _____ Date: _____ Check in time: _____

_____ Boise Endoscopy Center, 425 W Bannock Street, Boise

_____ Meridian Endoscopy Center, 2235 E Gala Street, Meridian

_____ St. Luke's Boise Regional Medical Center (Patient Registration) 190 E. Bannock St., Boise-Hospital.

_____ St Luke's Meridian Regional Medical Center, 520 S. Eagle Rd., Meridian-Hospital. (Use the Eagle road entrance. Check in at outpatient registration.)