

COLON RECTAL HEALTH CENTER  
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## COLONOSCOPY PREPARATION

Date of Procedure: \_\_\_\_\_

**Arrival Time:** \_\_\_\_\_

1. Patients with **sleep apnea** or those with a **CPAP** machine need to **bring that to our attention ahead of time** so that we can make provisions.
2. **Stop all anti-inflammatories** such as Naprosyn, Voltaren, Mobic, Indocin, Daypro, Orudis, Clinoril, Celebrex, Advil, Motrin, Ibuprofen, or Aleve, 7 days before the procedure. Please ask if you have questions. **Continue all other medication** until the morning of your procedure but hold all meds on that morning.
3. **Stop aspirin and Plavix** (clopidogrel) 7 days before the procedure UNLESS your doctor has you on these for a heart attack, angina, coronary stent, or stroke. In that case, stop the medicines the day before the colonoscopy.
4. Stop **Coumadin** 3 days before the colonoscopy. You may need to check with your primary physician about stopping the blood thinner.
5. Obtain your prep kit from the pharmacy at least 5 days before your procedure.
6. The **DAY BEFORE** your colonoscopy you may have (before 9 a.m.) 2-3 eggs or yogurt or a can of an Ensure type drink. **DO NOT EAT ANYTHING AFTER 9AM THE DAY BEFORE THE COLONOSCOPY, EVEN IF THE INSTRUCTIONS WITH THE PREP KIT SAY OTHERWISE.**
7. **Diabetics** taking insulin will need to adjust their dose the day **before** the exam. Check with us or your physician regarding this. For those on diabetic pills only, simply stop the pills the day **before** the exam. Check your blood sugars several times the day before and the day of the exam and contact us if needed regarding abnormal readings.

8. Drink lots of fluids the day **BEFORE** the colonoscopy. You may have water, soda. Body Armor & Gatorade type drinks, juice, Popsicles & Jell-O can be yellow or orange. Bouillon, broth (chicken, beef, veg). **NOTHING red, purple or blue**, as these may look like blood in your colon. And nothing with pulp.

**DO NOT DRINK ANYTHING AFTER MIDNIGHT BEFORE THE EXAM.**

9. USE OF COLONOSCOPY PREP KIT – the prep must be **COMPLETED at least 8 hours before your colonoscopy procedure.** Generally, it is easier to finish the prep before going to sleep.

**SUPREP DOSING:**

Beginning between **4-6 pm the evening before** the procedure, pour one 6 oz bottle of Suprep liquid into the mixing container supplied. Add one of the clear fluids to the 16 oz line on the container. Drink two more mixing containers (32 total oz) of **clear** fluids over the next hour. For the next **3 to 4 hours** continue to drink a lot of the clear fluids from the list above and then repeat the Suprep mixing instructions from above followed by the two mixing containers of clear fluids over the next hour.

## **IMPORTANT**

- ❖ **DO NOT EAT OR DRINK ANY FLUIDS THE DAY OF YOUR PROCEDURE**
  
- ❖ **MAKE SURE TO HAVE A DRIVER TO DRIVE YOU HOME AFTER A PROCEDURE WITH SEDATION BY IV**
  
- ❖ **NO SMOKING OR CHEWING GUM BEFORE YOUR PROCEDURE**