

## Colonoscopy Preparation Instructions: Suprep

Appt. Date: \_\_\_\_\_ Check-in Time: \_\_\_\_\_ Est. Escort Return Time: \_\_\_\_\_

**Failure to follow these instructions may cause your procedure to be cancelled. Call our office 8am-5pm with any questions or concerns.**

### A week before

- As you will be receiving sedation for this procedure you **must have an escort over the age of 18 to drive you home** or accompany you in an Uber, taxi and/or public transportation. Walking or riding a bike is not an acceptable means of transportation regardless of escort. **Unescorted transportation is not permitted.**
- Plan to take it easy on your procedure day. You will not be able to work, drive, operate equipment, or sign any important papers until the following day. Do not drink alcohol or take sedatives on your procedure day.
- **Stop eating nuts, popcorn, corn, seeds, and small grains (such as quinoa) 1 week prior to your procedure to help clear your colon.**
- Avoid taking **fish oil supplements** the week prior to your procedure.
- Throughout this prep you should continue taking all your normally prescribed medications unless you have been otherwise instructed.
- Check with your insurance company for authorization or deductible. **Call us and speak to our Billing Department with any insurance or billing concerns.**
- Pick up your prep at the pharmacy if you have not already done so.
- You may find it useful to visit our website, [www.nwgastro.com](http://www.nwgastro.com), to view educational videos, helpful hints, and frequently asked questions. **Please also check our website for our latest COVID guidelines.**

### Starting 3 days before

- **Canceling your procedure after today may result in being charged a fee of \$100.00.** Short cancellation notice does not allow us to use this time slot for other patients who have been waiting.
- Continue to take a daily aspirin if you normally take one.
- Stay well hydrated. Drink up to 8 glasses of fluids throughout the day in addition to eating your regular diet.
- Avoid eating obviously greasy, oily or fried foods, and continue to avoid nuts, popcorn, corn, seeds and small grains (such as quinoa).

### The day before

- **Follow the diet instructions in your packet.** Stop eating solid food at \_\_\_\_\_. Continue to stay well hydrated by drinking up to 8 glasses of clear liquid throughout the day in addition to drinking your preparation.
- **Please follow our instructions below and not the instructions provided with the preparation packaging.**
- Plan to start drinking the preparation at \_\_\_\_\_. Pour one 6-ounce bottle of SUPREP liquid into mixing container provided in the SUPREP kit. Add cold water to the 16-ounce line on the container and mix with a spoon. Drink all the liquid in the container. You **MUST** drink two more 16-ounce containers of water over the next hour. Use the empty container to do this.
- Drinking the prep will cause diarrhea typically within 1-3 hours, though results may vary. Plan to stay close to a bathroom for the rest of the evening.
- Continue to drink additional **clear liquids\*** after drinking the first half of your prep, (preferably an electrolyte drink) to maintain adequate hydration.
- If you become nauseated or vomit while drinking the prep, take a break and resume drinking prep when symptoms subside. Some people do better if drinking through a straw. Adjust temperature with ice, do not put the drink in the refrigerator.
- If you experience any unusual side effects, call us at **360-734-1420**.

**\*Clear liquids include – Water, fat-free broth, Jello, coconut water, clear fruit juices, non-cola soft drinks, coffee or tea (no milk/creamer), popsicles, clear hard candies, electrolyte drinks such as Gatorade/Powerade. Liquids that are red, purple or bright blue or have pulp are not allowed.**

### Your procedure day

- Prepare and drink the 2nd dose of SUPREP the same way as yesterday. We recommend that you start to drink at \_\_\_\_\_. Drink all the liquid in the container and then follow it with TWO 16-ounce containers of water. You can drink additional **clear liquids\*** until the time below.
- Take your regular medications before the time listed directed below unless instructed otherwise.

- **At \_\_\_\_\_ (3 HOURS BEFORE CHECK-IN) DO NOT PUT ANYTHING IN YOUR MOUTH - stop drinking all liquids, including your prep, clear liquids, hard candy, gum and chewing tobacco. THIS INCLUDES WATER.**

- Be sure to bring your insurance card and co-pay but leave other valuables at home.
- **Escorts are encouraged to remain in their vehicles when waiting at the center.** A staff member will contact your escort when your procedure is completed with further instructions. When you are ready for discharge, your escort will pick you up at the back of the building in one of the designated parking spots.
- **Our address is 3111 Woburn St., Bellingham WA. Enter through the main front door and head downstairs to NW Endo front desk for check in.**

## Instructions for Larger Volume Prep

Depending on your insurance, the preparation selected for you may not be covered and/or may be more expensive than an alternate such as NuLytely, GoLytely, Peg 3350 or another 4-liter prep. The prescription you were given allows the pharmacy to substitute to the less expensive option. Be aware that the less expensive option is twice the amount of liquid to drink. If you use the 4 liter prep, you will drink *half* the container the evening before your procedure and the other *half* on your procedure day. Please follow these instructions:

Mix the solution with 4 quarts of warm water. Shake well until all the powder is dissolved. Plan to drink the first half of the prep approximately 6-8 hours before you plan to go to bed. Drink an 8-ounce glass every 15 minutes until half the prep is gone. On your procedure day, start drinking the remaining prep 6 hours before your check-in time at NW Endoscopy Center. Follow the rest of the instructions on the prep form you were given. If you start to get nauseous while drinking the prep, slow down. You may want to drink the prep with a straw. You can also flavor the prep with the packets provided or use Crystal Light.

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### Additional Instructions

**Diabetic patients-** please follow the guidelines below unless you've been instructed otherwise by your doctor:

- If you take an oral medication or a standing insulin dose, take  $\frac{1}{2}$  your normal dose the evening prior to your procedure and hold your normal dose until after your procedure.
- If you take a sliding insulin dose, take as needed the day prior to your procedure and hold until after your procedure.
- If you have an insulin pump, please follow instructions provided by your doctor.

**Special instructions:**