

Colonoscopy preparation instructions using Suprep

Please follow these instructions carefully as you prepare for your exam.

Procedure time

If your procedure is scheduled at HSHS St Mary's Hospital Medical Center or HSHS St. Vincent Hospital, we will contact you by noon the business day prior to your procedure to inform you of your procedure time. If you are not contacted by this time, please call (920) 884-3400 before 4 p.m.

If your procedure is scheduled at the Prevea Ambulatory Surgery Center, we will contact you seven to 14 days prior to your procedure to inform you of your procedure time. If you are not contacted three days before your scheduled procedure, please call (920) 272-3625.

If your procedure is at HSHS St. Clare Memorial Hospital, we will contact you three to five days prior to your procedure to inform you of your procedure time. If you are not contacted by this time, please call (920) 846-8053.

Arrange for a designated driver for the day of the exam

A responsible family member or friend **MUST** pick you up from your procedure. You are **NOT ALLOWED** to drive or take a taxi, bus or Uber. **If you do not have a responsible driver (family member or friend) to take you home, your exam will be cancelled.**

If you are diabetic or taking a weight loss medication,

- Contact your prescribing or primary provider with any questions regarding oral or injectable diabetic, or weight loss medications.
- Drink **regular** clear liquids the day before your colonoscopy instead of sugar free or diet liquids.

Medications

If you are taking any of the following medications and have not yet received instruction, please call our office at (920) 429-1700. You only need to refrain from taking baby aspirin the morning of the procedure.

- Coumadin/Warfarin/Jantoven
- Xarelto/Rivaroxaban
- Lovenox/Enoxaparin
- Savaysa/Edoxaban
- Pradaxa/Dabigatran
- Eliquis/Apixaban
- Brilinta/Ticagrelor
- Effient/Prasurgel
- Plavix/Clopidogrel

Five days before your colonoscopy

Pick up your bowel preparation prescription at your preferred local pharmacy. Please call our office at (920) 429-1700 if your pharmacy does not have the prescription.



Purchase over-the-counter simethicone tablets from your pharmacy. These are commonly sold under the name Gas-X or Mylanta Gas (extra-strength 125mg tablets). Brand name or generic simethicone may be used. You will need four tablets.

In addition, within the five day window before your procedure,

- If you go three days without a bowel movement, purchase 18 senna (8.6 mg) over-the-counter tablets.
- Do **NOT** take medications that stop diarrhea such as Imodium, Kaopectate or Pepto Bismol.
- Do **NOT** take fiber supplements such as Metamucil, Citrucel or Perdiem.
- Do **NOT** take products that contain iron such as multi-vitamins.

Three days before your colonoscopy

- Do **NOT** eat high-fiber foods such as popcorn, beans, seeds (flax, sunflower, quinoa), multigrain bread or nuts.
- Limit salad/vegetables, fresh and dried fruit to 1-2 servings per day.
- Avoid any fruits/vegetables with seeds such as tomatoes or strawberries. Avoid corn.

One day before your colonoscopy

- **Only drink clear liquids the ENTIRE DAY before your procedure. Do NOT eat or drink any solid food.**
- Drink at least eight ounces of clear liquids every hour after waking up (refer to the acceptable clear liquids list).
- **Avoid all red and purple liquids.**
- Do not drink alcohol on the day before or the day of the procedure.

When to mix and drink the bowel preparation

Afternoon before your Colonoscopy

- As early as 2 p.m. or as late as 5 p.m., pour one 6 ounce bottle of Suprep liquid into the mixing container. Add cool water to the 16 ounce fill line on the container and stir. Drink the entire mixture.
- Drink at least two more 16 ounce containers of water over the next two hours. This is the minimum you should drink.
- Continue with the clear liquid diet **only until midnight.**

If you go three days without a bowel movement, take senna tablets the day before your colonoscopy.

- Take six senna tablets at 9 a.m.
- Take six senna tablets at 1 p.m.
- Take six senna tablets at 6 p.m.

Morning of your colonoscopy

- **Four hours prior to your arrival time,** take two simethicone tablets. Pour the other 6 ounce bottle of Suprep liquid into the mixing container and stir. Drink the entire mixture.
- You **MUST** drink two more 16 ounce containers of **water** over the next two hours, followed by the last two simethicone tablets.

- **Do NOT drink anything else one hour prior to your arrival time (including gum, mints or hard candy.)**
- You must drink the entire mixture to ensure your colon is clear of all stool. If your stool is not clear yellow your procedure may need to be rescheduled.
- With the exception of any blood pressure or anti-seizure medications, do **NOT** take any prescribed and over-the-counter medications the morning of the procedure. You may use any eye drops and inhalers as usual.
- It is hospital policy that any female, age 10-55, have a pregnancy test prior to the procedure. This will be administered at the hospital.
- Upon arrival at the hospital, check-in at **First Floor Registration**.

Comfort items

You may experience skin irritation around the anus due to the passage of liquid stools. Follow these recommendations to prevent and treat skin irritation:

- Apply Vaseline or Desitin ointment to the skin around the anus before drinking the bowel preparation medication.
- Wipe the skin after each bowel movement with disposable wet wipes instead of toilet paper.
- Balneol lotion can be applied to irritated skin between bowel movements and at bedtime for additional comfort.

Experiencing problems

If you feel nauseated or vomit while taking the bowel preparation, wait 30 minutes before drinking more fluid and start with small sips of solution. Some activity such as walking may help decrease the nausea you are feeling. If the nausea persists or if you have any additional questions please call your physician at (920) 429-1700 or toll free at (888) 277-3832. There is a nurse available 24 hours.

Need to reschedule

Cancellations 48 hours in advance are preferred.

If your procedure is scheduled at:

- Prevea Ambulatory Surgery Center, please call (920) 272-3648 to reschedule.
- HSHS St. Mary's Hospital Medical Center or St. Vincent Hospital, please call (920) 433-8329 Monday through Friday from 8 a.m. to 4:30 p.m. to reschedule.
- HSHS St. Clare Memorial Hospital, please call (920) 846-8053 to reschedule.