

ProDigest Gastroenterology & Hepatology Associates

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Colonoscopy Bowel Preparation Instructions

SUPREP®

IMPORTANT If the bowel is not clean when you arrive to the procedures unit, rather than giving you an incomplete and poor examination, your procedure will need to be rescheduled.



- DISCUSS MEDICATIONS** and any health conditions you have with your doctor. Your doctor will provide instructions for how to appropriately adjust your medications prior to your procedure. Instructions may include the following changes:
 - Stop medications that are for diarrhea (Imodium®, Kaopectate®) or that contain iron 7 days prior to your procedure.
 - You will need to temporarily discontinue blood thinners prior to your procedure.
 - If you are diabetic, your medications may need to be adjusted.
 - You will need to temporarily discontinue GLP-1 medications (such as Ozempic® or Trulicity®) prior to your procedure.
 - Take your usual morning medications (including blood pressure medications), at least 4 hours prior to your procedure with a small amount of water.



ARRANGE for a friend or family member to drive you home after the colonoscopy, as you will still be drowsy from sedation and it is unsafe to drive.

- You must have an adult accompany you home the day of your procedure, even if you take a cab. The medical procedure staff must be able to contact whoever will accompany you. If this person cannot be confirmed prior to the procedure, your procedure will be rescheduled for your safety.
- You should not drive a car, operate machinery, or make any legal decisions until the day after your procedure.
- If you are unable to find a responsible adult to accompany you and need a ride for the procedure, you may utilize a non-emergency medical transport company providing "door-to-door" service. Door-to-door transport service provides assistance entering and exiting the vehicle and ensuring safe arrival inside their destination. Please bring the medical transport contact information with you the day of your procedure. Procedure Unit staff must be able to confirm this transportation upon admission, or your procedure may be canceled. You can call your insurance to find out about what options are available to you.



3 DAYS PRIOR to your procedure, **eat a LOW RESIDUE DIET.** A low residue diet limits high fiber foods.

HIGH FIBER FOODS TO AVOID INCLUDE:

- Whole grain breads, oatmeal/cereals, granola
- Nuts, seeds, raw/dried vegetables or fruit (NO salads)
- Beverages with pulp
- Nutritional supplements that contain fiber
- Pepper, beans, corn/popcorn

FOODS YOU MAY EAT INCLUDE:

- Cream of wheat/grits, white rice, and refined pastas/noodles
- Cooked fresh/canned vegetables
- Vegetables without seeds including asparagus, beets, carrots, mushrooms, green beans, and potatoes without skin
- Bananas, soft cantaloupe, honeydew, avocado
- Chicken, fish, beef, pork, tofu, eggs
- Margarine, butters/oils, smooth sauces and dressings
- Cakes, cookies, pudding, ice cream without nuts or seeds
- Hard candy, popsicles, yogurt and cheese



1 DAY PRIOR to your procedure, **eat only a CLEAR LIQUID DIET.** A clear liquid diet consists only of liquids that you would be able to read a newspaper through.

CLEAR LIQUID DIET INCLUDES:

- Water, mineral water
- Clear fruit juices without pulp (apple, white grape, white cranberry, lemonade, etc.)
- Clear carbonated and non-carbonated soft drinks or sports drinks
- Store-bought and >99% fat-free broth (chicken, beef, vegetable, or bone broth)
- Popsicles or gelatin (such as Jell-O)
- Coffee or tea (without milk or cream)

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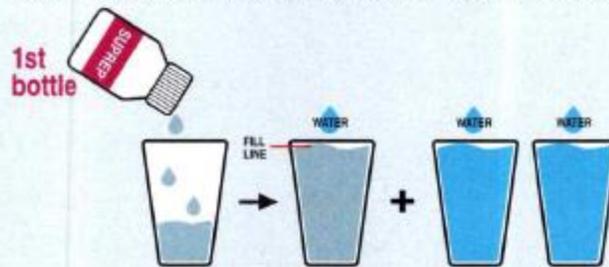
□ **1 DAY PRIOR** to your procedure, you should also **TAKE THE COLON PREP MEDICATION**. Please follow the instructions on your prescription.

1 YOUR PREPARATION - SUPREP

- The kit comes with two, 6 oz. bottles of medication and a 16 oz. drinking cup.

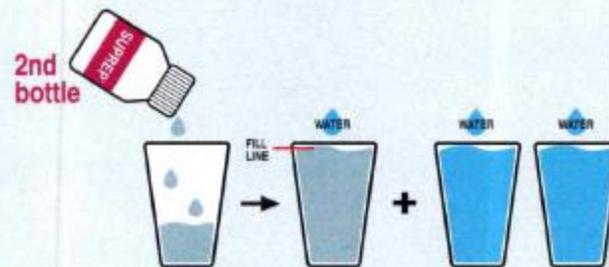
2 PREPARING YOUR BOWEL PREPARATION

- Pour one, 6 fl oz. bottle of SUPREP liquid into the supplied drinking cup, add cool drinking water to the FILL line on the cup, and mix carefully.



3 DRINKING YOUR BOWEL PREPARATION

- **Between 3-6 PM the night before your procedure**
 - Drink the **first** diluted bottle as prepared above, followed by at least 2 more 16 oz. containers of water over the next hour.



4 DRINKING YOUR BOWEL PREPARATION

- **6-8 hours before your procedure**
 - Drink the **second** diluted bottle as prepared above, followed by at least 2 additional 16 oz. containers of water over the next hour.

WHAT TO EXPECT

- You will develop significant diarrhea after drinking the preparation. Plan to be near a bathroom. This is normal as it means the medication is working to clear stool from your colon.
- Most people feel mild bloating and mild abdominal cramps. This is normal. Drinking the prep medication more slowly and over a longer period of time can help alleviate these symptoms.
- A successful colon prep will cause you to have clear yellow ("tea-colored") liquid stools.
- Please finish your preparation regardless of your stool color.



- ☐ **STAY HYDRATED** with at least 12 tall glasses (about 8-10 ounces each) of clear liquids throughout the day in addition to what you drink with your bowel prep medication to prevent dehydration.



- ☐ **4 HOURS BEFORE** your procedure, you should **STOP DRINKING ALL CLEAR LIQUIDS AND MEDICATIONS**. This means that you should not have anything to eat or drink 4 hours before your colonoscopy and onward.

AFTER YOUR COLONOSCOPY PROCEDURE

You will spend time in our post-procedure unit where our nursing staff will monitor you. Once it is felt safe, you will be able to leave with your driver/escort. You will receive a printed copy of your colonoscopy results for your own records. Once home, you may resume your normal diet and medications.



WHAT IS A COLONOSCOPY AND WHAT CAN I EXPECT DURING A COLONOSCOPY?

A colonoscopy is a procedure that allows your doctor to examine the inside of your lower digestive tract, also known as your colon and rectum. The procedure uses a colonoscope ("scope") – a long flexible tube with a light and camera at the end – to examine the inside lining of the colon. It allows the doctor performing the test to find and remove precancerous polyps and early colon cancers.

The day before the test, you will do a bowel prep to empty and clean your colon. The bowel prep includes a strong laxative and liquid diet. Following the directions of the bowel prep makes it easier for your doctor to detect polyps and other abnormalities during the colonoscopy.

Colonoscopy is performed in a hospital or medical clinic. Before the procedure starts, you will be given anesthesia or medication through an IV to make you comfortable. Then, the doctor will gently insert the colonoscope into the rectum and guide it through the entire colon.

Your doctor will take pictures and remove polyps along the way. He/she will then send the polyps to a lab for further testing. If a polyp cannot be removed, a sample may be taken. This is called a biopsy.

The colonoscopy usually takes 15 to 30 minutes to complete. Risks of colonoscopy include bleeding, infection, and perforation; however, complications occur in only 1 out of 1,000 colonoscopies at UCLA Health.

