

SUPREP PREPARATION FOR COLONOSCOPY INSTRUCTIONS

You have been scheduled for a Colonoscopy at:

_____ Laredo Digestive Health Center (**Suite 219**) **Exam Date:**
-728-0030
_____ Other Place **Arrival Time:**

You may register the day of the procedure. Please make arrangements for someone else to drive you home. You are advised to leave all jewelry and valuables at home or with a family member as the facility will not assume responsibility for any items that may be lost or misplaced.

(5) days before exam: Stop Coumadin, Warfarin, Plavix (clopidogrel), Trental (pentoxifylline) and Aspirin .

(5) days before exam: Stop Iron supplements and NSAIDS (such as Advil, Aleve, Celebrex, Feosol, Ferrous Sulfate, Ibuprofen, Mobic, Motrin, Naprosyn, fish oils etc.). You may take Tylenol for pain as needed.

Diabetes insulin or medications may be managed differently. Consult your Doctor.

Take all other medications as usual unless otherwise instructed by your physicians.

CLEANSING INSTRUCTIONS: Before the examination, complete cleansing of the colon is necessary. Purchase your laxatives at your pharmacy (refrigerate, if needed). It is important that you follow the instructions as directed. The cleansing preparation may cause nausea, bloating, or occasional vomiting. To minimize rectal irritation, you may apply diaper rash ointment, as needed, to the rectal area before, during, and after taking the laxatives. Baby wipes maybe helpful as well.

If you suffer from constipation, extended preparation may be necessary.

For extended preparation: you need to start one (1) week before the exam date.

TAKE Miralax Powder 17 Grams twice a day or Phillips Milk Of Magnesia 2 Tablespoons twice a day.

DAY BEFORE COLONOSCOPY:

1. Light **Breakfast before** 10:00 a.m.
2. **At 10: 00 am take 1-10oz Bottle Magnesium Citrate (not cherry) THIS IS OVER THE COUNTER**
3. Drink only clear liquids after 10:00 a.m. Follow the clear liquid diet at the bottom of this page.
4. At 6:00 P.M. mix the **SUPREP** laxative according to package directions. This will make a total of 16 OZ.
5. **At 6:00 PM drink 8 oz of Suprep every 15 minutes until finished. Drink all of the 16 oz.**
6. Drink 4 more 16 oz containers of water or clear liquids over the next 2 hours.

DAY OF COLONOSCOPY:

1. Drink clear liquids when you wake up.
2. Take your blood pressure medication today. 1/2 dose of Insulin is allowed (consult your doctor) or check glucose level. Bring all your medicines with you to the facility.
3. Mix the **SUPREP** laxative according to package directions. This will make a total of 16 OZ.
4. **At : AM/PM, Drink 8 oz of Suprep every 15 minutes until finished. Drink all of the 16 oz**
5. Drink 2 more 16 oz containers of water or clear liquids immediately after the Suprep.
6. Stop drinking all liquids 2 hours before arrival time.

The Laredo Digestive Health Center may change arrival time and instructions as needed.

956-728-0030

CLEAR LIQUID DIET: NO RED COLOR drinks, ALL OTHER COLORS ARE OKAY.

You may have water, flavored water, coffee (black only, NO MILK OR CREAM), tea, lemonade, Crystal Light, Koolaid, clear sodas, Sprite, 7 up, ginger ale, apple juice, white cranberry juice, white grape juice, Jell-O gelatin, Popsicle, snow cones (without fruit), broth (beef or chicken flavor), plain hard candy, honey, sugar or artificial sweeteners.

