

#### SUPREP Preparation for Colonoscopy (with Low Residual Diet)

#### YOUR PROCEDURE DATE/TIME (Arrival time = 1 1/2 hours prior!) \_

(Reminder: The Endoscopy Center may call you 1-2 days ahead of time and move up your arrival time, so check for any voice messages!)

### YOUR PROCEDURE LOCATION

### \_\_\_\_SHADELANDS ADVANCED ENDOSCOPY \_\_\_\_ASPEN SURGERY CENTER \_\_\_\_JOHN MUIR MEDICAL CENTER

In order to achieve an accurate evaluation of your lower gastrointestinal (GI) tract, it is important that you properly prepare for the procedure. Doctors are able to obtain the clearest view of the bowel when it is flushed completely free of waste material. The thoroughness of this intestinal cleaning depends on you. Without your cooperation, the examination cannot accomplish its purpose: significant growths could be missed or your exam may have to be repeated.

If you are taking **anticoagulants or blood thinners** such as, but not limited to, Coumadin (warfarin), Plavix (clopidogrel), Persantine, Aggrenox, Effient, Pradaxa, Xarelto or Eliquis, please discuss this with your Health Care Provider. In most circumstances, these medications are temporarily discontinued prior to your procedure (See chart below).

# STOP YOUR \_\_\_\_\_\_: \_\_\_\_DAYS BEFORE YOUR PROCEDURE

#### Set yourself a REMINDER to CAREFULLY REVIEW these instructions at least 1 WEEK prior to your exam

#### Supplies

- 1. SUPREP Bowel Prep Kit Prescription sent to your local pharmacy.
- 2. Miralax Available over-the-counter *(optional)*

### 7 Days Before Procedure (optional but highly recommended!)

- 1. Do not consume any foods that contain seeds, nuts, or corn. These foods take longer to pass through the bowel and should be avoided (examples include chia, blackberries, almonds, quinoa, popcorn)
- 2. Consider using Miralax the week prior to your procedure. Using a capful daily in flavored water or juice will help get your bowels gently moving and will make the day prior to your procedure much easier.
- 3. Do not take oral iron tablets.

#### **3 Days Before Procedure**

1. Please avoid any ibuprofen nonsteroidal anti-inflammatories – NSAIDS products (examples include ibuprofen, naproxen, meloxicam). Tylenol (acetaminophen) is allowed. If you are on aspirin you may continue the aspirin. However, you may wish to hold it if you take aspirin only as a general preventative.)

#### The Day Before Procedure

- 1. All day until 4:00 pm, Follow the instructions for a Low Residual Diet.
- 2. Approximately 4:00 p.m., take the FIRST DOSE of SUPREP. Pour one 6-ounce bottle of SUPREP into the mixing container. Add cold drinking water to the 16-ounce line on the container and mix. Drink ALL the liquid in the container within 20 minutes. You must drink two (2) more 16-ounce containers of water over the next 1 hour. After the second glass of water you may continue to drink clear liquids. (See photos on the side of the suprep box)

#### On the Day of the Procedure

At \_\_\_\_\_\_\_(5 hours before your scheduled procedure time), take the SECOND DOSE of SUPREP. Pour one 6 ounce bottle of SUPREP liquid into the mixing container. Add cold drinking water to the 16-ounce line on the container and mix. Drink ALL the liquid in the container. You must drink two (2) more 16-ounce containers of water over the next 1 hour. You must have completed the prep 4 hours prior to your procedure time. NOTE: If you are scheduled for an early morning procedure, you will need to set your alarm to assure the preparation is taken



at the correct time. We are aware of the inconvenience but the two-stage prep provides a superior cleansing of the colon.

- 2. <u>3 hours</u> before your procedure, take any currently prescribed heart and blood pressure medications with a small sip of water.
- 3. If you are diabetic: Do not take your diabetic medications (pills or insulin) the morning of your procedure. If you normally monitor your blood sugars at home, please check your blood sugar the morning of your procedure.
- 4. DO NOT EAT or DRINK ANYTHING after taking your second dose of preparation until AFTER your procedure has been completed!
- 5. No chewing gum, hard candy, or chewing tobacco within 4 hours of your procedure!
- 6. Please report to your appointment at the scheduled time. NOTE: Plan to be at the procedure center for about two and a half hours.
- 7. A driver must come with you in order to drive you home after the procedure. You will be sedated for your colonoscopy. You may not drive or work until the day following your procedure. If the center cannot verify your ride home, your procedure could be cancelled.
- 8. You will receive instructions about diet, activity and restarting medications after your procedure. Plan to rest and avoid important decisions for the remainder of the day since you have been sedated.

## Other Tips (Optional but helpful)

--COLD: Refrigerate the preparation to improve tolerability. You cannot use ice cubes but putting both the suprep and the water in the fridge helps.

--CHASER: You may want to have some ginger ale in the refrigerator. After you drink the liquid preparation, try chasing it with a few swigs of ginger ale or suck on a lime between sips of prep prior to drinking the water. For those with no constipation or slow-moving bowels, you may mix the suprep with ginger ale instead of water

-- SOFT: Consider using some flushable soft wipes instead of regular toilet paper while you are prepping

-- PROTECT: Some people like to put a skin protectant like vaseline, aquafor, or diaper rash cream on their bottom to prevent chaffing prior to starting and during the process of their preparation

(preparation and diet instructions are also available at www.californiadigestivecare.com)

General Guidelines: When to Hold your Blood Thinner Before for your Exam						
# Days Prior to Exam to Stop your Blood Thinner						
10 days Prior:	Ticlid	Zontivity				
7 days Prior	Aggrenox					
5 days Prior	Coumadin	Plavix	Effient	Brillinta	Aspirin	
2 days Prior	xarelto	Eliquis	Savaysa	Pradxa	Persantine	Fondiparinux
(You may need to hold longer if you have decreased kidney function)						
<b>1</b> day Prior	Integrilin	Lovenox	Heparin	AngioMax	ReoPro	Agatroban



# LOW RESIDUAL DIET (DAY PRIOR TO YOUR EXAM UNTIL 4 PM)

TYPE OF FOOD OR DRINK	YESOK to DRINK	NOAVOID THESE		
Milk and dairy	OK to eat:	NO yogurt mixed with:		
,	Skim or Low-Fat Milk	• nuts, seeds, granola		
	Cheese, including cottage cheese	fruit with skin or seeds		
	Low- Fat Ice cream	(such as berries)		
	Non-Fat or Low-Fat Yogurt without fruit or			
	seeds			
Bread and grains	OK to eat:	NO whole grains or high-fiber:		
	Breads and grains made with refined	Brown or wild rice		
	white flour (including rolls, muffins,	Whole grain bread, rolls, pasta,		
	bagels, pasta)	or crackers		
	White rice	Whole grain or high-fiber cereal		
	Plain crackers, such as Saltines	(including granola, raisin bran, oatmeal)		
	• Low-fiber cereal (including puffed rice, cream	Bread or cereal with nuts or seeds		
	of wheat, corn flakes)			
Meat/Protein	OK to eat:	NO tough meat with gristle		
	Chicken Turkey, Lamb, Lean Pork, Veal			
	Fish and seafood			
	• Eggs			
	• Tofu			
Legumes	NONE allowed	NO:		
		<ul> <li>Peas (including split or black- eyed)</li> </ul>		
		•Beans (including kidney, garbanzo/chickpea)		
		• Lentils		
		Any other legume		
Fruits	OK to eat:	NO seeds, skin, membranes; or dried fruit:		
	Fruit juice without pulp	<ul> <li>Raw fruit with seeds, skin, or</li> </ul>		
	Applesauce	membranes (includes berries, pine		
	<ul> <li>Ripe cantaloupe and honeydew</li> </ul>	apple, apples, oranges, watermelon)		
	<ul> <li>Ripe, peeled apricots and peaches</li> </ul>	<ul> <li>Any cooked or canned fruit with</li> </ul>		
	<ul> <li>Canned or cooked fruit without</li> </ul>	seeds or skin		
	seeds or skin	Raisins or other dried fruit		
Vegetables	OK for some if cooked or canned:	NO raw, skin, seeds, peel; or certain other vegetables:		
	Canned & well-cooked vegetables	• Corn		
	without skin or peel	Potatoes with skin		
	Potatoes without skin	Tomatoes		
	Cucumbers without seeds or peel	Cucumbers with seeds and peel		
		<ul> <li>Cooked cabbage or Brussels sprouts</li> </ul>		
		Green peas		
		<ul> <li>Summer and winter squash</li> </ul>		
		Onions		



## LOW RESIDUAL DIET (DAY PRIOR TO YOUR EXAM UNTIL 4 PM)

TYPE OF FOOD OR DRINK	YESOK to DRINK	NOAVOID THESE		
Nuts, nut butter, seeds	OK to eat:	NO nuts or seeds:		
	Creamy (smooth) peanut or almond	Nuts including peanuts, almonds,		
	butter	walnuts		
		Chunky nut butter		
		Seeds such as fennel, sesame,		
		pumpkin, sunflower		
Fats and oils	OK to eat:	NO salad dressing made with seeds or nuts		
	• Butter			
	Margarine			
	Vegetable and other oils			
	Mayonnaise			
	Salad dressings made without seeds or			
	nuts			
Soups	OK to eat:	No:		
	Broth, bouillon, consomme', and	Unstrained soups		
	strained soups	• Chili		
	Milk or cream-based soup, strained	Lentil, Bean, Corn, or Pea soup		
Desserts	OK to eat:	NO:		
	Custard	Coconut		
	Plain pudding	<ul> <li>Anything with seeds or nuts</li> </ul>		
	Ice cream	<ul> <li>Anything with added red or purple dye</li> </ul>		
	Sherbet or sorbet			
	Jell-O or gelatin without added fruit or red or purple dye	Cookies or cakes made with whole		
	Cookies or cake made with white flour, prepared	grain flour, seeds, dried fruit, or nuts		
	without seeds, dried fruit, or nuts			
Drinks or beverages	OK to eat:	NO:		
	Coffee or Tea	<ul> <li>Fruit or vegetable juice with pulp</li> </ul>		
	• Tea	<ul> <li>Beverages with red or purple dye</li> </ul>		
	Clear fruit drinks (no pulp)			
	<ul> <li>Soda and other carbonated beverages</li> </ul>			
	Ensure, Boost, or Enlive without			
	added fiber			
Other	OK to eat:	NO:		
	• Sugar	• Coconut		
	• Salt	• Popcorn		
	• Jelly	• Jam or Marmalade		
	• Honey	Relishes		
	• Syrup	• Pickles		
	Lemon juice	• Olives		
		Stone-ground mustard		