



Chad M. Gonzales, MD

Colonoscopy
(Suprep)

Your Prescription was called into _____

Date of Procedure: _____ Check-in time: _____

Facility: MCKAY DEE HOSPITAL SUITE 2670/ RIDGELINE ENDOSCOPY

5 DAYS PRIOR TO YOUR EXAM.

- Anti-clotting and anti-inflammatory medications are stopped 5 days prior to your colonoscopy to reduce the risk of bleeding during or after your procedure. (Ibuprofen, Advil, Aleve, Aspirin etc.)
- If you take anti-clotting medications such as Coumadin, Plavix, Pradaxa, Argatroban, Effient, Brilinta, or Xarelto, then please discuss these medications with prescribing physician. Please let us know if you are not allowed to stop these medications or if you are advised to use Lovenox or Heparin prior to you colonoscopy.
- If you are diabetic, your primary care physician will advise you how to manage your medications prior to the colonoscopy.

3-Days prior to exam:

- Avoid nuts, seeds, whole wheat bread, beans, corn, raw vegetables or fruits with seeds or skin, as they may adversely influence the quality of your exam.

2-Days prior to exam:

- You may eat a regular dinner, but stop eating solid foods after 7:00 p.m.
- You may continue to drink clear liquids. This means liquids you can see thru such as apple juice, water, Sprite, Jell-O, coffee (no creamer), tea, clear chicken/beef broth, Gatorade or Crystal Light.

****No milk or pulp products (NO RED, PINK, AND PURPLE) ****

1-Day prior to exam:

- Restrict your diet to clear liquids. No solid food until after the procedure. Stay hydrated!!
- At 5:00 p.m.
STEP 1: Pour ONE 6-ounce bottle of SUPREP liquid into the mixing container
STEP 2: Add cool drinking water to the 16-ounce line on the container and mix.
STEP 3: Drink all the liquid in the container.
STEP 4: Over the next hour drink two (2) additional 16-ounces of plain water.
- Make a conscious effort to drink plenty of clear liquids before, during, and after taking your Suprep. You may drink water throughout the night and up to 3 hours prior to your procedure to stay hydrated.

THE DAY OF YOUR EXAM

- Remember no to have any food until after your procedure!
- **AT LEAST 5-6 HOURS BEFORE YOUR PROCEDURE START TIME, REPEAT STEPS 1-4** with the second 6-ounce Suprep bottle as outlined above.
- This may require you to get up in the middle of the night, if you have an early morning exam.
- You may have only clear liquids up until 3 hours prior to your procedure start time. This ensures that your stomach will be empty during your procedure to ensure your safety.
- If you are diabetic, please take a reading of your blood sugar before coming in for your exam, and bring it with you. If you take oral medications for diabetes, don't take them the morning of you procedure unless

otherwise instructed by your physician. If you are taking insulin, take only ½ of your usual morning dose and bring the insulin with you to the procedure.

- You may take your regular medications (i.e. for blood pressure). Any medications taken the day of your procedure may be taken with a small sip of water, **AT LEAST 3 HOURS PRIOR TO YOUR PROCEDURE TIME.**

Other information:

You may apply zinc oxide or petroleum jelly to anal area to prevent irritation.

You must have a driver 18 years of age or older to accompany you for the entire procedure and drive you home. You will be sedated for this procedure. Your driver will be asked to wait in the waiting area during the exam. The physician will need to speak with your driver when the exam is finished. We recommend you do not drive for at least 12 hours following the procedure. If you are planning to take a taxi home, then a friend or family member 18 years of age or older must accompany you.

YOUR EXAM WILL NOT BE PERFORMED IF THERE IS NOT A RESPONSIBLE ADULT TO ACCOMPANY YOU HOME. Plan on being at the facility for 2-3 hours.

Wear comfortable clothing. Bring your glasses, hearing aids, insurance cards and completed information forms, if applicable. Avoid bringing valuables.

If you must cancel or reschedule your procedure, then you must give us notice 2 full business days in advance. Failure to do so will result in a \$100 cancellation fee.

Additional information is available on our website: www.ogdengastro.com

DO NOT SKIP ANY OF THE ABOVE STEPS, AS THEY ARE CRITICAL FOR A COMPLETE AND ACCURATE EXAM.

Risk of Procedure:

Bleeding, perforation, aspiration, infection or drug reactions. The primary risk is perforation of the colon, which could result in the need for surgical intervention. This could mean the need for placement of a colostomy to allow healing prior to reattachment of the colon in the event of injury.

*****PLEASE CONTACT OUR OFFICE IF STOOL IS NOT CLEAR LIQUID OR YOU ARE NOT COMPLETELY CLEANED OUT. YELLOWISH COLOR IS OKAY*****

(801) 387-2550