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**SUPREP PREPARATION FOR COLONOSCOPY  
FOR PATIENTS SCHEDULED IN THE MORNING BEFORE 12 PM  
(Prescription required)**

This procedure allows an examination of the entire colon or large bowel. It is designed to help explain symptoms, such as bleeding, diarrhea or abdominal pain. It permits the taking of biopsies and the removal of certain polyps if any are found. In order to be successful, the colon must be clean and this requires the use of special preparation. **Please prepare for your exam as follows:**

- **Iron, Vitamin E and multi-vitamins** should be discontinued ONE week prior to your procedure.
- **Aspirin and Plavix** should be discontinued 7 days prior to your procedure. **Please call your prescribing doctor to confer and for further instructions.**
- **Patients taking Coumadin** should discuss this with both the doctor prescribing the medication and Dr. Markowitz. If it is safe to stop the drug, we typically will choose to do so 4 days prior to the procedure and check a PT/INR blood test 1 day before your procedure. If the doctor prescribing the Coumadin feels it is safer to leave you on the medication, we can still do the colonoscopy, but we will be unable to remove polyps and take biopsies. **Please be sure your lab results are submitted to our office the day before your procedure.**
- Insulin dependant Diabetics should **call your prescribing doctor for instructions.**
- If you have a heart valve problem, heart murmur or joint prosthesis, please be aware that antibiotic prophylaxis is now usually not recommended. If you are more comfortable receiving it, however, you should contact our office to arrange this for your procedure.
- If you have any Allergies please inform our office at least 3 days before your procedure.

**THREE DAYS BEFORE YOUR PROCEDURE:**

**FOLLOW A LOW FIBER DIET.** Avoid such foods as popcorn, nuts, fresh fruits, raw vegetables or products containing whole wheat or bran. Stop all fiber supplements (Fibercon, Metamucil, Citrucel). Avoid products containing **Olestra** (a fat substitute found in some fat-free and low-fat foods) for one week. A few examples of foods you *may* eat are dairy products, meats, poultry, fish, pasta, white rice, white bread, eggs, mashed potatoes, cooked carrots or squash.

The day before the procedure:

- ❖ You may have breakfast and a very light lunch. These meals can only consist of eggs, yogurt and a (one) slice of white bread/toast with some butter. **NOTHING OTHER THAN THESE FOODS**, so please do not call the office to inquire further. After the light lunch you will follow a **CLEAR LIQUID DIET ONLY**. (see next steps)
- ❖ After lunch you can only have CLEAR liquids. A clear liquid is any liquid you can see through. Examples are bouillon, apple juice, ginger ale or Sprite, tea, black coffee (sugar allowed), Popsicles (NOT RED,PURPLE or ORANGE), Gatorade (any flavor-NOT RED, PURPLE OR ORANGE), Jell-O, (please do not eat RED,PURPLE OR ORANGE Jell-O).
- ❖ **STARTING at 5 PM** the night before your procedure, empty (1) 6 oz. bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16 oz. line on the container and mix. \*Be sure to dilute the SUPREP as indicated here before you drink it\*. Drink all of the liquid in the container. You MUST drink 2 more 16 oz. containers of water over the next hour.

**IT IS IMPORTANT TO FOLLOW ALL THE STEPS BELOW COMPLETELY.**

Step 1:



Pour **ONE** (1) 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.

**NOTE:** Be sure to dilute SUPREP as shown at left before you drink it.

Step 3:



Drink **ALL** the liquid in the container.

Step 4:

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You **must** drink two (2) more 16-ounce containers of water over the next 1 hour.

**NOTE:** You **must** finish drinking the final glass of water at least 1 hour, or as directed, before your procedure.

## **\*\*REPEAT THIS PROCESS AGAIN 3 HOURS LATER (8 PM)**

- ❖ While drinking SUPREP, you may experience some bloating, abdominal pain, and possibly nausea or headache. This is caused by the large volume of cold fluid you are drinking and is **not** cause for alarm.
- ❖ Take all your regular medications except those listed in the beginning of these instructions.
- ❖ If you are insulin dependant please let the staff know upon check in the day of your procedure.

### **The day of the procedure**

- ❖ You may continue with **CLEAR LIQUIDS** until 3 hours prior to your procedure start time. After this time, you may have nothing by mouth at all, including gum, candy or water after that time. If your procedure is in the early A.M., please take heart or blood pressure medications with a sip of water when you first get up. You should use your inhalers and bring them to the hospital with you.
- ❖ Take your regular medications, **except as advised previously.**
- ❖ **You must arrange to have someone accompany you or meet you at the Endoscopy Suite.** Sedation is administered and you will not be permitted to drive. **If you do not have an escort, the procedure will be rescheduled.**

### **During the procedure**

- ❖ A small intravenous line will be started to administer medication to relax you. You will be drowsy for the duration of the procedure, but awake and semi-alert to your surroundings. You will be able to view the exam on the screen during your procedure. If necessary, additional medication can be given
- ❖ You will feel some abdominal gas. Passage of gas usually relieves any cramps. The procedure usually lasts an hour.

### After the procedure

- ❖ After finishing the examination, the doctor will discuss the findings with you. **If a biopsy or other specimen is taken, the results will be available within 5 – 7 days to the doctor. If there is an abnormality, the doctor will notify you by telephone. If the results are normal, you will receive a letter from our office within 7 - 10 days. Please do not call the office for results.**
- ❖ The nurse will check your blood pressure and she will tell you when you may leave. This is usually forty five to sixty minutes after finishing the examination.
- ❖ If you have had a biopsy taken, it is **normal** to see a small amount of blood when you have a bowel movement. If there are any special findings, or instructions, they will be discussed. If a biopsy or other specimen is taken, the results will be available within 5 – 7 days to the doctor. **If there is an abnormality, the doctor will notify you by telephone. If the results are normal, you will receive a letter from our office within 7 - 10 days. Please do not call the office for results.**
- ❖ **You must have an escort pick you up from the Endoscopy Suite, and accompany you home.**

On the day of the procedure, please bring in all insurance information including referrals and insurance cards with you. On arrival, please check in with the receptionist and she will direct you to the Billing Personnel.

**The procedure will be performed at:**

Columbia University Medical Center  
Herbert Irving Pavilion, (Dana Atchley Pavilion)  
161 Fort Washington Avenue, at 165<sup>th</sup> St.  
Outpatient Endoscopy Suite  
13<sup>th</sup> floor

**Please arrive 60 minutes before your scheduled appointment time.**

**Thank you!**