

# How to Prepare for Your Colonoscopy using SUPREP or OSMOPREP Bowel Prep Kit

This information will help you get ready for your colonoscopy using a SUPREP® or Osmoprep Bowel Prep Kit. Your doctor will give you a prescription for the kit.

**DO NOT TAKE BOTH.** Choose which you prefer

A colonoscopy is an exam of your colon (large intestine). Your doctor will use a colonoscope (flexible tube with a camera on the end) to see the inside of your colon on a video monitor. During your procedure, your doctor can:

- Remove a small sample of tissue (biopsy) for testing
- Remove a polyp (growth of tissue)
- Take photos of the inside of your colon

Follow these instructions carefully. It's very important that your colon is empty for your colonoscopy. If there's stool inside your colon, your doctor may not be able to see polyps or other problems inside your colon and you may have to repeat the procedure. If you have any questions, contact your doctor's office

## 1 Week Before Your Procedure

### Ask about your medications

You may need to stop taking some of your medications before your procedure. Talk with your doctor about which medications are safe for you to stop taking. We have included some common examples below.

### Anticoagulants (blood thinners)

If you take a blood thinner, such as to treat blood clots or to prevent a heart attack or stroke, ask the doctor who prescribes it for you when to stop taking it. Examples are listed in the "Common anticoagulants (blood thinners)" table. There are others, so check with your doctor if you're not sure.

- apixaban (Eliquis®)
- cilostazol (Pletal®)
- clopidogrel (Plavix®)
- enoxaparin (Lovenox®)
- fondaparinux (Arixtra®)
- heparin
- rivaroxaban (Xarelto®)
- tinzaparin (Innohep®)
- warfarin (Coumadin®)

## **Medications for diabetes**

If you take insulin or other medications for diabetes, you may need to change the dose. Ask the doctor who prescribes your diabetes medication what you should do the day before and the morning of your procedure. Tell your doctor you will be drinking a sugar-free clear liquid diet the day before your procedure.

If you take metformin (such as Glucophage® or Glumetza®) or a medication that contains metformin (such as Janumet®), don't take it the day before or the day of your procedure.

Tell your doctor if you have an automatic implantable cardioverter-defibrillator (AICD).

## **Arrange for someone to take you home**

You must have a responsible care partner take you home after your procedure. Make sure to plan this before the day of your procedure.

UBER or LYFT rides are allowed as well a consent will be signed

## **3 Days Before Your Procedure**

### **Avoid certain foods**

You should follow a low-fiber diet starting 3 days before your colonoscopy. During this time, do not eat:

- Raw (fresh) fruits and vegetables.
- Whole kernel corn, including canned corn
- Whole grains (such as oatmeal, brown rice, quinoa, or wheat bread)
- Seeds (such as poppy or sesame)
- Nuts

## **1 Day before Your Procedure**

**Starting the day before your procedure, do not eat anything.**

**Follow a clear liquid diet.**

A clear liquid diet includes only liquids you can see through. Examples are listed in the "Clear Liquid Diet" table. While you're following this diet:

- Don't eat any solid foods.
- Try to drink at least 1 (8-ounce) glass of clear liquid every hour you're awake.
- Drink plenty of liquids other than water, coffee, and tea.
- Don't drink anything red, purple, or orange.
- If you have diabetes, only drink sugar-free clear liquids and check your blood sugar level often. If you have any questions, talk with your healthcare provider.

Drink	Do Not Drink
<b>Soups</b> <ul style="list-style-type: none"> <li>• Clear broth, bouillon, or consommé</li> </ul>	<ul style="list-style-type: none"> <li>• Any products with particles of dried food or seasoning</li> </ul>
<b>Sweets</b> <ul style="list-style-type: none"> <li>• Gelatin, such as Jell-O®</li> <li>• Flavored ices</li> <li>• Hard candies, such as Life Savers®</li> </ul>	<ul style="list-style-type: none"> <li>• Anything red, purple, or orange</li> </ul>
<b>Drinks</b> <ul style="list-style-type: none"> <li>• Clear fruit juices, such as apple, white cranberry, or white grape</li> <li>• Soda, such as 7-Up®, Sprite®, ginger ale, or seltzer</li> <li>• Gatorade®</li> <li>• Black coffee</li> <li>• Tea</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Juices with pulp</li> <li>• Nectars</li> <li>• Milk or cream</li> <li>• Alcoholic beverages</li> <li>• Anything red, purple, or orange</li> </ul>

### **If you are taking the SUPREP Bowel Preparation**

You will drink a large amount of cool liquid for your SUPREP bowel preparation. This may cause bloating or discomfort in your abdomen (belly), nausea, or a headache. These things aren't cause for alarm. If you have pain in your abdomen or vomit, call your doctor.

Do your SUPREP bowel preparation in 2 parts.

**At 4:00 PM the evening before your procedure, start drinking the first part of your SUPREP bowel preparation.** Start at 4:00 PM no matter what time you're scheduled to arrive for your procedure.

1. Empty 1 (6-ounce) bottle of SUPREP liquid into the mixing container.
2. Add cool drinking water up to the 16 ounce line on the container. Mix.
3. Drink all of the liquid in the container.
4. Drink 2 more 16-ounce containers of water (32 ounces total) over the next hour. You don't need to drink the water all at once, but it's important to finish all 32 ounces over the next hour.
5. After you finish all 32 ounces of water, you can keep drinking other clear liquids until 4 hours before your scheduled arrival time.

You will repeat steps 1 to 5 starting at **8 PM** for the second part of your SUPREP bowel preparation.

**Do NOT have anything to EAT or DRINK after Midnight other than a small amount of water for meds .**

## **If you are taking the OSMOPREP Bowel Preparation**

**At 4:00 PM the evening before your procedure, start drinking the first part of your OSMOPREP bowel preparation. Start at 4:00 PM no matter what time you're scheduled to arrive for your procedure.**

Starting at 4 PM Take 4 tablets with 8 OZ of clear liquid

Beginning at **8 PM** repeat the above for three additional doses

**8 PM, 8:15, 8:30 PM**

You may drink clear liquids till Midnight to avoid dehydration

**If you do not feel as if you are completely cleaned out from the prep after 4-5 hours after completing, you may take one bottle of magnesium citrate or Fleet's enema**

### **Things to remember**

- Don't put on any lotion, cream, powder, makeup, perfume, or cologne.
- Remove any jewelry, including body piercings.
- Leave valuable items (such as credit cards and jewelry) at home.
- If you wear contacts, wear your glasses instead.

### **What to bring**

- A list of the medications you take at home, including patches and creams.
- If you have an implanted pacemaker or cardioverter-defibrillator (AICD), bring your wallet card with you if it isn't already on file with the hospital.
- Your rescue inhaler (such as albuterol for asthma), if you have one
- Your Health Care Proxy form, if you have completed one