

Instructions for Taking Your SUPREP Colonoscopy Prep
FOLLOW THESE INSTRUCTIONS. PLEASE READ ALL THE INSTRUCTIONS.

THE EXAM CANNOT BE PERFORMED IF YOUR COLON IS NOT CLEAN. YOU MUST COMPLETE ALL OF THE PREP

YOUR PROCEDURE IS AT:

- ❑ **Ridgeline Endoscopy Center-South Ogden:** 6028 S Ridgeline Dr. Suite 100. Ridgeline Endoscopy Center will contact you 2 days before your appointment with your arrival time. If you have not heard from Ridgeline within 48 hrs. of your appointment date, you can call them at 801-409-1031 to get your arrival time.
- ❑ **McKay-Dee Hospital:** Take main elevator to 2nd floor, turn left, and go down hall to Suite 2670, Endoscopy Lab.
Arrive 45 minutes before your scheduled start time.
- ❑ **Davis Hospital Medical Center:** Enter through door in front on west side of bldg. Door is marked GI Entrance.
Arrive 40 minutes before your scheduled start time.
- ❑ **Intermountain Layton Hospital:** Go through the main entrance and go to registration. Intermountain Layton Hospital will contact you 2-3 days before your appointment with your arrival time.

AS SOON AS POSSIBLE:

- **Purchase SUPREP-** Do not follow the instructions on the SUPREP box. Please follow these instructions.
- **BLOOD THINNERS AND PATIENTS WITH A HEART VALVE REPLACEMENT:**
Call the Physician who prescribed your blood thinner (your primary care doctor or cardiologist) and ASK if you can STOP taking your blood thinning medication(s) (e.g. Coumadin, Plavix, Xarelto, Elequis, Pradaxa, Prasugrel, Brilinta, Cilostazol, Aggrenox.). Many procedures cannot be performed if you are on a blood thinning medication, but you MUST obtain approval from the prescribing physician PRIOR to discontinuing any blood thinners. Your doctor may put you on an alternate medication while you stop your blood thinning medication(s).
- You may take **DRAMAMINE** if nausea develops while taking prep. This is an over the counter medication and should be taken as directed.

THREE (3) DAYS BEFORE PROCEDURE:

Discontinue all blood thinning drugs (prescription and non-prescription), including Coumadin, Plavix, Xarelto, Elequis, Pradaxa, Prasugrel, Brilinta, Cilostazol, Aggrenox, **REMEMBER! The physician that prescribed your blood thinner medication MUST approve this action BEFORE you discontinue these medications when you are taking them for blood thinning. Tylenol may be taken.**

TWO (2) DAYS BEFORE YOUR PROCEDURE:

- If you have problems with constipation take an over the counter laxative, such as Milk of Magnesium, Docolax tablets or Miralax.

BEGIN A LOW RESIDUE DIET WHICH INCLUDES THE FOODS BELOW:

- White breads, dry cereals, white rice, refined pasta
- Limited servings of canned or well cooked vegetables without skins, seeds, or pulp
- Tender, ground, and well cooked meat, fish, eggs and poultry; creamy peanut butter
- Milk, yogurt, mild cheese and cottage cheese (max of two (2) cups per day total)
- Butter, mayonnaise, vegetable oils, margarine, plain gravies and dressings
- Broth and strained soups
- Carbonated beverages, tea, clear juices or juices that are pulp free or have been strained, black coffee

DO NOT EAT:

- Whole grain breads and pastas, corn bread or corn muffins, any other foods made with whole grains
- Strong cheese, yogurt containing fruit skins or seeds, raw vegetables (except romaine lettuce)
- Tough meat, meat with gristle, highly spiced food and dressings, pepper and hot sauces
- Millet, buckwheat, flax oatmeal, popcorn, nuts, seeds and crunchy peanut butter, beans (all types), corn, broccoli, parsnips and olive, dried fruits, berries, figs, prunes and fruits and juices containing pulp or seeds
prune juice, chocolate, coconut

ONE DAY BEFORE YOUR PROCEDURE: Drink clear liquids only and start the bowel prep

- Examples of clear fluids would include: Water, clear soups, herbal tea, black coffee or tea, Jell-O, or fruit juice without pulp.
- **Do Not Drink** milk or use any dairy or non-dairy creamer in your coffee or tea
- **Do Not Eat or Drink** anything colored red, purple, orange, dark blue or contains pulp material
- **Do Not Drink** alcoholic beverages

BOWEL PREP INSTRUCTIONS:

Dose 1: Begin step 1 at 5:00 P.M. the EVENING BEFORE your procedure, proceed as follows:

Step 1-Empty contents of one 6fl. Oz. bottle into the mixing cup provided.

Step 2- Fill the mixing cup with water to the 16 fl. Oz. fill line and stir until dissolved. Drink all the contents.

Step 3-Drink three (3) additional mandatory 16 fl. Oz. cups of water over the next hour.

Dose 2: ***THIS IS NEW.*** (Split dosing has been shown to improve colon cleansing) **Begin 5 hours prior to scheduled procedure time.** Proceed as follows below:

Step 1-Empty contents of one 6fl. Oz. bottle into the mixing cup provided.

Step 2- Fill the mixing cup with water to the 16 fl. Oz. fill line and stir until dissolved. Drink all the contents.

Step 3-Drink three (3) additional mandatory 16 fl. Oz. cups of water over the next hour.

NOTE: If you become nauseated during the prep, stop for one hour and then resume. You must finish **ALL** the prep. Please look in the toilet to see if your results are clear or yellow in color. If not, you will need to take an additional prep until results are clear or yellow in color. If your bottom gets sore during the prep you can use baby wipes, Vaseline, or Desitin for relief. If you receive a different prep for cleansing, go to our website: www.udhi.org for specific prep instructions. If you have questions the day before your procedure concerning your prep, call Utah Digestive Health Ph# 801-475-5400.

DAY OF YOUR PROCEDURE: You may have clear fluids up until 2 hours prior to your scheduled procedure.

MEDICATIONS:

- Prescription Medications-**You Can** take your regular medications the day before your exam. **On the day** of your exam, do not take your regular medications unless you have OK'd it with your physician.
- Blood Pressure and Seizure Medications **Can Be Taken the DAY** of your exam with water, but must be taken at least 4 hours before your exam. Tylenol may be taken.

DIABETICS-

- Test your blood sugar before coming in for your procedure and bring the reading with you.
- **DO NOT** take oral or insulin diabetic medication **THE DAY OF** your exam until after your procedure.

BRING your driver's license, insurance card, **completed Patient History form** and a list of any prescription and over-the-counter medications you are taking with you to your exam. **YOU WILL BE SEDATED** during your procedure and you will not **be allowed to drive for 12 hours after so an ADULT MUST accompany you to your appointment to drive you home.** **If you plan to ride the bus, use "The Ride" or take a taxi, YOU MUST** still have a responsible person over the age of 16 accompany you home.