

Colonoscopy: How to prepare with SUPREP® if you have constipation.

MEDICATION CHANGES

You may need to stop or adjust blood thinning or diabetes medicines before your procedure. Call our office if you have not received instructions.

- **Blood thinning medicines** - like prasugrel (Effient®), warfarin (Coumadin®), clopidogrel (Plavix®), dabigatran (Pradaxa®), rivaroxaban (Xarelto®), apixaban (Eliquis®), enoxaparin (Lovenox®), or ticagrelor (Brilinta®).
Aspirin use should continue unless instructed otherwise.
- **Diabetes medicines** - your diabetes medicine and blood sugar testing may need to be changed during your prep time. Please call your primary care provider for guidance.

7 DAYS BEFORE

Arrange for a Licensed Driver.

Must be at least 18 years old and have a cell phone.

5 DAYS BEFORE

Start a low residue diet.

Choose these types of food:

- White bread, pasta or rice
- Low fiber cereal (puffed rice, cream of wheat, corn flakes)
- Canned or cooked fruits and vegetables without seeds or skin
- Yogurt (no seeds or berries), cottage cheese or eggs
- Tender, well cooked or ground meat without gristle
- Plain crackers, cookies or cakes

Avoid these types of food:

- Corn, popcorn, seeds or nuts
- Uncooked vegetables, beans, lentils and potato skins
- Fruits with skins or seeds
- Whole grain breads, granola or high fiber cereals

3 DAYS BEFORE

Pick up bowel preperation from your pharmacy.

- SUPREP® prescription.
- One 8.3 oz bottle of MiraLAX. Available over the counter.
 - **Start taking** one capful 17 gm of MiraLAX in 8 ounces of water both in the morning and at night until the morning before your procedure.

Stop these medications:

- Fiber or iron supplements (like Metamucil®, Citrucel®, or Benefiber®).
 - Anti-diarrhea medicines (like Kaopectate®, Lomotil®, Pepto-Bismol® and Imodium® or loperamide).
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2 DAYS BEFORE

Start a clear liquid diet:

Choose these types of liquid:

- Water and soda
- Tea or coffee without milk or cream
- Clear broth (beef, chicken or vegetable)
- Clear, light colored juices or sports drinks
- Popsicles without fruit or cream
- Jell-O or gelatin without fruit

Avoid these types of liquid:

- Red or purple liquids
- Milk or cream
- Alcoholic beverages
- Orange, grapefruit and tomato juice
- Soup other than clear broth

Continue one capful 17 gm of MiraLAX in 8 ounces of water both in the morning and at night until the morning before your procedure.

1 DAY BEFORE

CONTINUE clear liquid diet.

6pm (Evening BEFORE Procedure)

- Pour ONE (1) 6-ounce bottles of SUPREP® liquid into the mixing container; add cool drinking water to the 16-ounce line in the container and mix.
- Drink ALL of the liquid in the container.
- You MUST drink TWO (2) 16-ounce containers of water over the next hour. It may be helpful to use a straw.
- You will have diarrhea 1-2 hours after drinking the solution.
- You may still drink clear liquids.
- You may take your medications with a small sip of water (except those you were instructed to hold). Take your medications at least one hour before or after drinking your prep.

DAY OF PROCEDURE

DO NOT eat any solid food. Continue to drink clear liquids throughout the day.

DO take your heart or blood pressure medication the morning of the exam.

3-4 Hours Prior to your check in time

- Pour **ONE** (1) 6-ounce bottle of SUPREP® liquid into the mixing container; add cool drinking water to the 16-ounce line on the container and mix.
- Drink **ALL** of the liquid in the container.
- You **MUST** drink **TWO** (2) 16-ounce containers of water over the next hour.
- Your stools should be clear/yellow and watery in appearance. Flecks of stool are OK. If you are still passing solid or brown, call us at 515.875.9115.

2 Hours Prior to your check in time

- You **MUST** be done drinking all fluids.

**CLEAR LIQUIDS ARE ALLOWED UP TO TWO HOURS BEFORE CHECK-IN.
PLEASE AVOID RED OR PURPLE LIQUIDS.**

SPECIAL INSTRUCTIONS

- Individual coverage benefits vary. You are responsible for checking with your insurance regarding your benefits and any required prior authorization.
- Your test will be rescheduled if you do not have a driver 18 years or older available at drop off.

WHAT TO DO/BRING ON THE DAY OF YOUR PROCEDURE

- Insurance Cards/Photo ID/Advance Directive if available
- List of medications/surgeries
- Any inhalers
- Wear comfortable clothing/no underwire bras
- Remove ALL jewelry and piercings
- Leave valuables at home

WHAT TO EXPECT

- Approximate length of stay is 2-3 hours. Your driver may leave after drop off and will be instructed when to return. Remind them to bring a cell phone.
- Please note, marijuana use the day of your procedure is prohibited and will result in your procedure being rescheduled.

QUESTIONS?

Your questions are important to us. Please utilize our website for more information:

www.iowaclinic.com/prep-instructions



➔ **Scan the QR code to watch an easy-to-follow overview
of our recommended colonoscopy prep.**

You may also send us a message using your MyHealth portal during normal business hours or call 515.875.9115 with any questions or concerns.