



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.
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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, potato skins.
- // Fruits with skins or seeds.
- // Whole grain breads, granola or high fiber cereals.

For more information on low residue diets, please visit:

www.iowaclinic.com/gastroenterology/specialties/endoscopy-center/patient-information

3 DAYS BEFORE

PICK UP BOWEL PREPARATION from your pharmacy:

- // SUPREP® prescription.
- // One bottle of liquid magnesium citrate (over the counter).

Stop these medications:

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

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 food:

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

6 PM (Two Nights BEFORE Procedure):

- // Drink bottle of magnesium citrate.
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1 DAY BEFORE

CONTINUE clear liquid diet.

6 PM (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.
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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 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 YOUR PROCEDURE.
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 or CPAP/BiPAP
- // Wear comfortable clothing/no underwire bras
- // Do not bring valuables such as jewelry

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 will be 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.

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