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DIGESTIVE CARE CENTER

500 Doyle Park Drive, Suite 205
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707.303.8350 Tel
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PREPARING FOR YOUR COLONOSCOPY (SUPREP Brand Laxative)

SUPREP should usually not be given to patients with kidney disease, active inflammatory bowel disease or age greater than 75.

Dr. Beirne

Dr. Faust

Dr. Morales

Arrival Date: _____

Arrival Time: _____

Procedure Time: _____

**Memorial Outpatient Surgery
Center**

525 Doyle Park Dr. 2nd Floor
(707) 547-4600

Memorial Hospital

1165 Montgomery Drive
(707) 525-5224

**Sutter Surgical and Endoscopy
Center**

34 Mark West Springs Road, Suite
100
(707) 541-3500

As Soon As Possible

- Plan to take the day of the procedure off from work.
- Find someone who can drive you to and from the appointment or ride with you if you plan on taking a taxi, Uber or Lyft

7 Days Before the Exam:

- If you are taking **Coumadin (warfarin), Xarelto, Pradaxa, Eliquis, Plavix, Brilinta, Effient, Aggrenox, Persantine, Pletal**, or any other blood thinning medication, **make sure you know if and when you are to stop these medications.** Call the office TODAY if you are unsure. You may continue to take a single aspirin tablet daily.
- Purchase the SUPREP kit from your pharmacy along with simethicone 125mg (Extra Strength) in chewable or soft gel form. You will only need 4, so don't buy in bulk!
- Consider purchasing soothing wipes to help with anal irritation. Avoid heavy creams and ointments as these may coat the lens on the colonoscope.
- Make sure you have returned any paperwork such as your history and demographics forms to the office, not to the procedure facility.

5 Days Before the Exam:

- Stop taking the following medicines:** NSAIDS (Motrin, Aleve, ibuprofen, Naprosyn, naproxen, etc.), iron supplements, fiber supplements such as Metamucil, vitamins and herbal products. You may continue all of your other prescription medications and take up to one 325mg aspirin a day.
- Stop eating very high fiber foods** such as nuts, seeds, popcorn, quinoa, raw veggies, peanuts, corn, berries, and breads or crackers with visible seeds.

1 Day Before the Exam (Begin the prep):

- Begin a liquid diet. Do not eat anything solid. Drink clear liquids the entire day. Examples of liquids include: coffee, tea, (both without any milk or milk products), Jell-O, popsicles, sport drink (nothing red, orange or purple in any product), broth, white grape juice, white cranberry juice, apple juice, soda, vitamin waters (not colored). More liquids will result in a better colon prep, keep you well hydrated and feeling less hungry!
- The only exception to clear liquids is that you may also drink Boost, Ensure or Odwalla beverages (white colored, such as vanilla, only) until 5 pm. Use the sugar free version if needed. **After 5 pm only clear liquids are allowed, no exceptions.**
- If you are diabetic** and taking insulin or using an insulin pump, use ½ your daily dosage today. If you are taking oral diabetic medications, take ½ the dosage you usually take. **Otherwise, take your regular medications.**
- In the late afternoon, around 3-6 pm, start your laxative:**
 - Step 1: Pour one 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.
 - Step 3: Drink all the liquid in the container **and take 2 simethicone pills with this.**
 - Step 4: You **must** drink two (2) more 16-ounce containers of water over the next hour.
- Nausea, bloating, cramping and vomiting may occur. This is not uncommon and is uncomfortable but not worrisome. If it does happen, take a break from drinking the prep for 30 minutes. Resume drinking until it is all finished, taking breaks as needed.
- A bowel movement will usually occur within an hour after the 1st glass of SUPREP. Don't worry if this does not happen for 3-4 hours. Everyone is different.

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On the Day of Your Procedure:

- No later than three hours before the exam**, (but earlier if you like), repeat steps 1 through 4 as described above, using the other 6-ounce bottle of SUPREP and 2 more simethicone. It is critical that you complete the entire preparation so that your colon will be very clean and your doctor can see inside properly.
- You may have clear liquids and your usual medications early this morning **but do not drink anything at all beginning 2 hours before the exam until the exam is complete**. Not even a sip of water!
- Bowel movements will occur that are watery and frequent until the bowel is fully cleansed. The end result should be clear or pale-yellow liquid.
- If you are diabetic**, do not take your daily diabetic medication this morning but do take all of your other prescription medicines with the exception of blood thinners. One aspirin is ok.
- Wear loose comfortable clothing, a short-sleeved shirt (to make it easier to start an IV), and warm socks.
- You must have a driver to pick you up**. You cannot drive yourself home. If you do not have someone to drive you home, your procedure will be canceled. You may take a taxi home if you are accompanied by an adult.

The hardest part is over! After you arrive for your colonoscopy, you will meet with a nurse who will talk to you about your medical history, start an IV so you can get fluids, and get you settled. After you meet with your doctor, you will be given medication to sedate you and keep you comfortable during your colonoscopy. You will recover after your procedure for about 30 minutes and be given a report with the findings and instructions to take home. The entire process takes about 2-3 hours from the time you arrive until the time you are released.

After the examination you should not drive, work or operate machinery for the remainder of the day as there may be lingering effects of the anesthesia. Everyone is a bit different in this regard.

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Confirmation:

Our office will call you to confirm your appointment about a week before the procedure. **If we leave you a message you must call us back to complete the confirmation.** If we are unable to confirm at least 2 business days in advance we may change the date of your appointment. If your plans change and you need to change the date for any reason, please give us a notice at least a week in advance so that another patient may use the time. If you change your appointment or fail to appear for the appointment you may be charged a cancellation fee of \$150.00.

The facility where your appointment is scheduled may also call you about 2 days in advance to review the procedure and make certain that you are comfortable with the instructions. They will also confirm the time of the appointment and give you a feel for when you will be ready to leave afterwards.

Patient Financial Responsibility:

Please note, when appropriate, we will preauthorize your procedure. This means we have gained approval for your procedure from your insurance company; however, this is not a guarantee of payment.

It is your responsibility to contact your insurance company to find out your payment obligations. We can provide the appropriate procedure and diagnosis codes to assist you if needed. The charges that may be billed to your insurance company for your procedure include the physician's professional fee, the facility fee where the procedure is performed, and pathology fee or anesthesiologist's fee if applicable. You may contact us with any questions.