



COLONOSCOPY PREP INSTRUCTIONS

SUPREP

3 Days Before the Exam

- If you haven't already done so, pick up your clear liquids, and your prescription for the bowel prep at your pharmacy.
- Arrange for your ride home after your procedure. A responsible adult/medical transport **MUST** drive you home from your procedure. ***You will not be allowed to drive, take a taxi, car service, or leave the center alone.*** If you do not have a responsible driver to take you home, your exam cannot be done with sedation and may be canceled.
- Stop any iron supplements, vitamin and herbal supplements, vitamin E and NSAID's (Ibuprofen, Advil, Aleve, Celebrex, Motrin, Meloxicam, Naproxen, Diclofenac, Celecoxib, Mobic).
- **Stop your blood thinners as directed by prescribing provider:** Coumadin (Warfarin, Jantoven), Aggrenox, Brilinta, Dabigatran, Effient, Eliquis, Endoxaban, Plavix, Pradaxa, Savaysa, Xarelto. If you have questions contact your prescribing provider for instructions.

Blood Pressure Medication: should **not** be taken the morning of the procedure, however **please** bring them with you. (If you take a Betablocker continue to take this as you usually do.)

- DO NOT stop aspirin unless otherwise told.
- If you need to cancel or reschedule your procedure or you have questions regarding your prep, please call 607-299-7029

1 Day before the Exam

To have a successful colonoscopy your colon must be clear of any stool.

- **DO NOT EAT ANY SOLID FOOD THIS ENTIRE DAY!**
- Only drink **clear liquids** this entire day. Clear liquids are: water, clear broth or bouillon, coffee or tea (without milk or creamer), apple juice, white grape juice, white cranberry juice, sports drinks, clear carbonated beverages, Kool-Aid, Jell-O, and popsicles.
- No RED or PURPLE liquids, no dairy, and no pulp.

EVENING before procedure:

- At 4pm pour bottle of the prep in the enclosed 16-ounce cup.
- Finish filling the 16-ounce cup with cool water and drink. Drink 2 more 16 ounce glasses of water within the following hour.

At 8 pm repeat steps above (pour 1 bottle of prep in cup-fill with 16 ounces of water- drink-follow with two more 16-ounce cups of water within an hour.)

- **DIABETICS:** DO NOT take your evening sugar pill. Long-acting insulin- take half dose this evening (Check your blood sugar as needed.)

The Day of the Exam

- Continue Only clear liquids today until 4 hours before your appointment time.
- You may take all of your morning prescription medications with a sip of water.
- Please bring your puffer/inhalers with you.
- Diabetics: Check your blood sugar this AM. Do NOT take your sugar pills this morning. Keep checking your blood sugar as needed.

Late afternoon procedures:

4 HOURS BEFORE YOUR APPOINTMENT TIME STOP DRINKING ALL LIQUIDS.

Time to stop: _____

- Things to bring with you: Someone to drive you home, photo ID and Insurance card, list of medications. Please leave all valuables at home.
- You will be here about 2 hours with your driver. You will not be able to drive home.

Parking:

Located in the Alvena Avenue parking lot adjacent to the main entrance of Guthrie Cortland Medical Center.