

## SUPREP PREPARATION FOR COLONOSCOPY

**Your prep instructions differ from those included on the box, do not follow instruction on the box. Please follow these instructions carefully! Important: Please do not eat breakfast the day prior to your procedure!**

### PURCHASE AT THE PHARMACY:

- Suprep Bowel Preparation (prescription)
- 4-tablets Zofran (prescription for nausea)

### FIVE DAYS PRIOR TO YOUR PROCEDURE:

- All aspirin and anti-inflammatory medications including ibuprofen, Motrin, Aleve, naproxen, Naprosyn, sulindac, piroxicam, Feldene, indomethacin, diclofenac, and Voltaren **are to be continued**. Tylenol (acetaminophen) is also safe to continue.
- If you are taking anticoagulants or blood thinners (Lovenox, Heparin, Coumadin/warfarin, Eliquis/apixaban, Pradaxa/dabigatran, Xarelto/rivaroxaban, Plavix/clopidogrel) we **REQUIRE** an office visit prior to your procedure to discuss use of these medications. Instructions regarding interrupting these medications will be provided at your office visit. Please reach out to us if you have not had an office visit to discuss anticoagulation.
- Stop all fiber supplements including Metamucil, Citrucel, Benefiber, FiberChoice and flax seeds.
- If you are diabetic and use insulin, please contact our office for insulin instructions.
- PLEASE call our office if you have any questions about which medications you should or should not take.
- 3 days prior to your exam, avoid nuts and seeds.**

### ONE DAY PRIOR TO YOUR EXAM: Start in the morning prior to your exam.

- Do not eat any solid food – this is different from the instructions on the suprep box – please follow our instructions.**
- Take only clear liquids by mouth. This includes clear juices (apple, grape, strained orange, strained lemonade), tea, coffee (no milk or creamer), soft drinks, sports drinks (Gatorade, Powerade), clear broth or bouillon, Jell-O and Popsicles.
- Avoid red drinks, red Jell-O and dairy products.
- Consume large amounts of clear fluids to increase success of the bowel flush and help avoid hunger.
- Take 1 tablet of Zofran to help prevent nausea 30 – 45 minutes prior to starting your prep. May repeat x 1 as needed.
- At 5:00 pm begin drinking Suprep bowel preparation.** Pour (1) 6-ounce bottle of Suprep into the provided cup. Fill to the 16-ounce fill line with water and consume. Drink two 16- ounce cups of water over the next two hours. This will induce stools.
- If you feel nauseous at any time while taking your prep try to drink more slowly, using a straw can help. If vomiting occurs, please call one of our numbers below for instructions. After completing the bowel preparation, your stools should be watery and see through. Please contact our endoscopy department if your stools are not watery or you are concerned with the results of the preparation.  
**Meridian Endoscopy Center: ( 208) 695-2100 Boise Endoscopy Center: (208) 342-7169 After Hours: ( 208) 343-6458**
- You may continue consuming clear liquids before and after the above medications.

### THE DAY OF THE PROCEDURE:

- Take 1 tablet of Zofran to help prevent nausea 30 – 45 minutes prior to starting your prep. May repeat x 1 as needed.
- Drink the second dose of Suprep starting 6 hours before your exam's scheduled time.** (eg: if your appointment is at 10 am, you should start at 4 am. If it is at 1 pm, you should start at 7 am). You must finish the second dose and two 16-ounce cups of water within 2 hours of starting, so that your bowels are empty for your exam.
- You may continue to drink clear liquids until 4 hours prior to your procedure.
- DO NOT take anything by mouth for 4 hours prior to your procedure except medications – this is very important. Drinking less than 4 hours before your procedure may result in delay or cancellation of your procedure!**

- Take your usual prescribed medications with small sips of water. If you are on anti-inflammatory medications or blood thinners please see instructions above.
- Please bring a list of your current medications and correct dosage to your appointment.
- **NO DRIVING** – Because of the sedatives that you will be given **you cannot drive for the remainder of the day**. You need to have a driver of your choice to take you home after your procedure. If your driver wishes to discuss results of your procedure with the doctor, please have them accompany you to your procedure and **remain on site**.
- You will be sedated for your procedure. Please plan to avoid making important decisions for the remainder of the day after your procedure.

You are scheduled with Dr. \_\_\_\_\_

Report at \_\_\_\_\_ on \_\_\_\_\_ to:

\_\_\_\_\_ Boise Endoscopy Center, 425 West Bannock Street, Boise

\_\_\_\_\_ Meridian Endoscopy Center, 2235 East Gala Street, Meridian

\_\_\_\_\_ Canyon County Endoscopy Center, 1216 Garrity Blvd., Nampa

\_\_\_\_\_ St. Luke's Boise Regional Medical Center, 190 E. Bannock Street, Boise  
(Main hospital entrance. Out-patient Registration)

\_\_\_\_\_ St. Luke's Meridian Medical Center, 520 S. Eagle Road, Meridian  
(Eagle Road entrance. Out-patient Registration)

\_\_\_\_\_ St. Luke's Nampa Medical Center, 9850 W. St. Luke's Drive, Nampa  
(Main hospital entrance. Out-patient Registration)

**Your procedure time will be approximately 90 minutes from the scheduled check-in time to discharge for procedures in the Meridian and Boise Endoscopy Centers. Please coordinate with your driver to alleviate delays in discharge. Patient stay times for hospital procedures may be longer.**

**We cannot be responsible for your valuables. Please leave them at home. Bring all insurance cards and a photo ID with you.  
Please check with your insurance company regarding pre-certification.**