



# SUPREP COLONOSCOPY INSTRUCTIONS

Please read and follow these instructions carefully.

Procedure Date: \_\_\_\_\_ Check-In Time: \_\_\_\_\_ Dr. \_\_\_\_\_

Location:  **Confluence Health | Wenatchee Valley Hospital & Clinics**  
 820 N. Chelan Avenue, 509-436-4024, 4th floor; Hospital side.  
 Please use the elevators near the Bistro

**Moses Lake Clinic**  
 840 Hill Avenue  
 509-764-6400

**Omak Clinic**  
 916 Koala Drive  
 509-826-1800

MEDICATIONS	4 DAYS PRIOR	3 DAYS PRIOR	2 DAYS PRIOR	1 DAY PRIOR	PROCEDURE DAY
<p><b>Please contact the Anticoagulation Clinic or the physician who manages your blood thinning medication for instructions.</b></p> <p><b>NOTE:</b> <u>Before you stop taking your coumadin / warfarin, please contact the doctor who prescribed them.</u></p> <p><b>5 days prior to your procedure:</b></p> <p>Stop all Iron (ferrous sulfate) supplements. Multi-vitamins containing iron are OK. Please also stop all fish oil and other herbal medications.</p> <p>No nuts, seeds or popcorn from now until after your procedure.</p>	<p><b>Fill your prescriptions.</b></p> <p><b>Diet:</b>          Begin a low fiber diet (see attached low fiber diet sheet)</p> <p><b>No nuts, seeds or popcorn from now until after your procedure.</b></p> <p><b>Cancellations:</b>          Please cancel your appointment, if you will not be able to make it.</p>	<p><b>Diet:</b>          Continue the low fiber diet.</p> <p><b>Ride home:</b>          You MUST have a responsible adult accompany you to your appointment.</p> <p>If you show up without one, your appointment will be cancelled. Taxi cabs are not legal escorts.</p>	<p><b>Diet:</b>          Continue the low fiber diet.</p> <p><b>Hydrate:</b>          Drink at least 4-6 (8 oz.) glasses of water or clear liquids throughout the day.</p>	<p><b>Begin a clear liquid diet.</b> (See attached clear liquid diet sheet.)</p> <p>Diabetics: Please see the enclosed instructions.</p> <p>Throughout the day drink 4-6 (8 oz.) glasses of water or clear liquids.</p> <p><b>9:00 pm:</b>          Drink the first dose of SUPREP as directed on the "SUPREP BOWEL PREP KIT" instruction sheet provided in your instructions and information packet.</p> <p>The prep may cause side effects such as bloating, cramping and nausea.</p>	<p><b>Early morning:</b>          Take your usual prescribed medication (especially blood pressure medication) with a sip of water. Except diabetics. See enclosed instructions</p> <p>You may continue to have clear liquids until 2 hours prior to your arrival time.</p> <p><b>3 hours before leaving home:</b>          Drink SUPREP dose #2.</p> <p>At this point, you will have finished taking the SUPREP. If your stool is not clear or light yellow, please call the office ASAP.</p> <p><b>Within 2 hours of check-in time:</b>          Nothing by mouth</p>
<p><b>Tips for Preparation</b></p> <ul style="list-style-type: none"> <li>✓ Please follow these instructions instead of any instructions provided separately with the SUPREP itself or by the pharmacy.</li> <li>✓ Responses to the prep vary. Bowel movements will begin in 30 minutes to 6 hours following ingestion of the preparation.</li> <li>✓ Drink 4-6 (8 oz.) glasses of water or clear liquid the day before your procedure. The more fluids you drink the better your prep will be.</li> <li>✓ Tucks medicated pads help relieve anal soreness during bowel preparation.</li> </ul>					

# SUPREP<sup>®</sup> BOWEL PREP KIT

(sodium sulfate, potassium sulfate and magnesium sulfate)  
Oral Solution

(17.5g/3.13g/1.6g) per 6 ounces



SUPREP Bowel Prep Kit is a split-dose (2-day) regimen. Both 6-ounce bottles are required for a complete prep.

## FIRST DOSE: Evening before colonoscopy

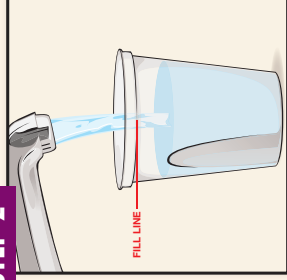
You must complete Steps 1 through 4 using one (1) 6-ounce bottle before going to bed:

### STEP 1



Pour **ONE** (1) 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.

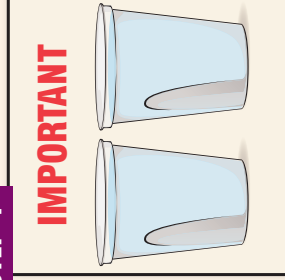
**NOTE:** Dilute the solution concentrate as directed prior to use.

### STEP 3



Drink **ALL** the liquid in the container.

### STEP 4



You **must** drink two (2) more 16-ounce containers of water over the next 1 hour.

## SECOND DOSE: Morning of colonoscopy

For this dose, repeat Steps 1 through 4 shown above using the other 6-ounce bottle.

**NOTE:** You **must** finish drinking the final glass of water at least 2 hours, or as directed, before your colonoscopy.



## Important Information About Your Colonoscopy Procedure

### Understanding colonoscopy

Colonoscopy is an outpatient procedure used to screen for colon cancer and also to evaluate gastrointestinal symptoms such as bleeding, abdominal pain, or changes in bowel habits. During colonoscopy, a long, thin, flexible tube is passed into your colon. A camera on the end of the instrument allows the doctor to examine your colon on a high-resolution monitor. Polyps or abnormal tissue can be biopsied or removed.

Complications during colonoscopy are extremely rare, but include bleeding, perforation, and heart and lung problems associated with the sedation.

### Benefits of colon cancer screening

Colon cancer is one of the most common cancers in both men and women and is the second leading cause of cancer-related death in the United States. The good news is that most colon cancers can be prevented through routine screening, with colonoscopy the most accurate test for the early detection and prevention of colon cancer. Colonoscopy allows for the diagnosis and removal of precancerous polyps, the precursor of colon cancer. Colon cancer screening is particularly important because most colon polyps do not cause symptoms. If colon cancer is found early, it is highly treatable.

Colonoscopy is not a perfect test though. Due to sharp corners and blind spots in the colon, and suboptimal preparation of the colon in some cases, even in the hands of expert colonoscopists, there can be up to a 5 to 10% miss rate for polyps.

### Drink all the prep

It is very important that you finish all of the colonoscopy prep solution, even if you think your stools are clear. Though your stools may appear clear to you, completion of the entire prep is usually necessary for a thorough colonoscopy examination with a minimal chance of missing something. The poorer the quality of the prep, the greater chance that a significant lesion in the colon could be missed.

### Sedation during colonoscopy

Colonoscopy is generally performed with moderate sedation, not anesthesia. Medications are administered through an IV. Our goal is to keep you comfortable during the colonoscopy, not unconscious. Most patients are very drowsy or even asleep during the procedure. Some patients remain awake, but relaxed. Because the sedatives impair memory, most patients do not remember their colonoscopy.

### Pre-colonoscopy

- Please pick up your colonoscopy prep from the pharmacy as soon as possible. Pharmacies will hold a prescription for a short time and then return it to the shelf. If your prep isn't at the pharmacy, please call our department at (509) 764-6418.
- Ignore any instructions provided separately with the colonoscopy prep itself or by the pharmacy. These may conflict with the instructions we have provided to you.
- When you schedule your appointment, you are given an arrival time. Note that this is an estimated time. Some procedures are more complicated and may take longer than expected, resulting in delays to the schedule. Please be understanding, if this is the case. When you check in, our staff will give you an updated procedure time.
- Our nurses will call you 2 days prior to your colonoscopy to review the prep process and answer any questions.
- If you are unable to make your colonoscopy appointment, we request that you cancel your appointment at least 72 hours in advance.

### Post-colonoscopy

- After your procedure, you will be taken to the recovery area. You will be given something to drink and Dr. Cohen will review your colonoscopy results with you prior to discharge.
- You will not be able to drive, run machinery, sign legal documents, or work until the day after your colonoscopy. The procedural medications will still be in your system and may impair your reflexes, judgment, and depth perception.
- You will receive a phone call from us the day following your colonoscopy, to see how you are doing.

### Billing:

- Please note that screening colonoscopies are often not subject to deductibles, co-pays or co-insurance. We will always try to bill a screening colonoscopy as a screening colonoscopy.
- However, if a polyp needs to be removed or biopsies need to be done during the colonoscopy, then by law we are obligated to use the code for "colonoscopy with polypectomy" or "colonoscopy with biopsy." In such cases, deductibles, co-pays and co-insurance may apply. Please consult with your insurance company for details.

## PRE-COLONOSCOPY INSTRUCTIONS FOR DIABETIC PATIENTS

### Diabetics on dietary control only:

- No changes to usual prep.
- Blood sugar will be checked on arrival.

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### Diabetics on oral hypoglycemic agents:








- Take usual diabetic medicine the morning of the prep, then no diabetic medicines until after the colonoscopy.
- Blood sugar will be checked on arrival.

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### Diabetics on insulin:

- Take one half of your usual insulin dose the day before your procedure. Do not take insulin the morning of the colonoscopy.
- Blood sugar will be checked on arrival.

## LOW FIBER DIET

Food Group	OK to Eat		Do NOT Eat		
<b>Milk, Dairy Products</b> 	<ul style="list-style-type: none"> <li>• Milk, cream, chocolate milk, hot chocolate, milk-based drinks</li> <li>• Cheese, cottage cheese</li> <li>• Broth</li> <li>• Yogurt, sour cream</li> </ul>	<ul style="list-style-type: none"> <li>• Custard or pudding</li> <li>• Ice cream or frozen desserts</li> <li>• Cream sauces</li> <li>• Soups <b>without</b> seeds or beans</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt with granola, seeds, nuts or fruit with skin in them</li> </ul>		
<b>Breads, Grains</b> 	<ul style="list-style-type: none"> <li>• Breads and grains made from refined or <b>white flour</b> including: rolls, bagels, muffins (no bran), English muffins</li> <li>• Cheerios, Rice Crispies</li> </ul>	<ul style="list-style-type: none"> <li>• Corn flakes</li> <li>• Crackers</li> <li>• Pasta</li> <li>• Cream of Wheat</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Whole wheat</b> or grains with seeds including: rolls, bagels, muffins, English Muffins</li> <li>• Oatmeal</li> </ul>	<ul style="list-style-type: none"> <li>• Raisin Bran, All Bran</li> <li>• Wheaties</li> <li>• Granola</li> <li>• Popcorn</li> <li>• Brown rice, wild rice</li> </ul>	
<b>Meat, Fish, Poultry, Protein</b> 	<ul style="list-style-type: none"> <li>• Tender beef, ground beef</li> <li>• Chicken</li> <li>• Pork</li> <li>• Eggs</li> </ul>	<ul style="list-style-type: none"> <li>• Fish and shellfish</li> <li>• Creamy peanut butter</li> <li>• Lamb</li> <li>• Tofu</li> </ul>	<ul style="list-style-type: none"> <li>• Tough meat with gristle</li> <li>• Chunky peanut butter</li> <li>• All beans, nuts, peas, lentils, legumes</li> </ul>		
<b>Fruit</b> 	<ul style="list-style-type: none"> <li>• Soft canned or cooked fruit <b>without</b> seeds or skins</li> <li>• Soft melon</li> <li>• Fruit juice <b>without</b> pulp</li> <li>• Fruit jellies <b>without</b> pulp</li> </ul>	<ul style="list-style-type: none"> <li>• All other raw fruits</li> <li>• All dried fruits</li> <li>• Fruit juice with pulp</li> </ul>			<ul style="list-style-type: none"> <li>• Prune juice</li> <li>• Prunes</li> <li>• Bananas</li> </ul>
<b>Vegetables and potatoes</b> 	<ul style="list-style-type: none"> <li>• Potatoes <b>without</b> skin</li> <li>• Vegetable juice <b>without</b> pulp</li> </ul>	<ul style="list-style-type: none"> <li>• All raw or steamed vegetables</li> <li>• Beans, peas</li> <li>• Potatoes with skin</li> <li>• Brussel sprouts</li> <li>• <b>Corn (!)</b></li> </ul>			<ul style="list-style-type: none"> <li>• Broccoli, cauliflower</li> <li>• Cabbage, onion</li> <li>• Sauerkraut</li> <li>• Greens or lettuce</li> </ul>
<b>Fats &amp; Oils</b> 	<ul style="list-style-type: none"> <li>• Butter</li> <li>• Salad dressings without seeds or nuts</li> </ul>	<ul style="list-style-type: none"> <li>• Margarine</li> <li>• Oil</li> <li>• Mayonnaise</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Nuts (!)</b></li> <li>• <b>Seeds (!)</b></li> <li>• Coconut</li> </ul>	<ul style="list-style-type: none"> <li>• Salad dressing with nuts or seeds</li> </ul>	
<b>Miscellaneous</b> 	<ul style="list-style-type: none"> <li>• Sugar</li> <li>• Salt</li> <li>• Jelly</li> </ul>	<ul style="list-style-type: none"> <li>• Honey</li> <li>• Syrup</li> <li>• Lemon juice</li> </ul>	<ul style="list-style-type: none"> <li>• Jam</li> <li>• Marmalade</li> <li>• Relishes</li> </ul>	<ul style="list-style-type: none"> <li>• Pickles</li> <li>• Olives</li> </ul>	

**Why do I need to eat a low fiber diet?** It is very important to begin a low fiber diet 4 days before your colonoscopy. Fiber is indigestible and stays inside the colon, making the colonoscopy less accurate.

## CLEAR LIQUID DIET

It is especially important to avoid clear liquids with red or purple dyes.

OK to Eat	Do NOT Eat
<ul style="list-style-type: none"> <li>• Water</li> <li>• Flavored waters (without red or purple dyes)</li> <li>• Clear Broths (chicken, beef, or vegetable broth)</li> <li>• Juices (without pulp and without red or purple dyes)                             <ul style="list-style-type: none"> <li>✓Apple</li> <li>✓White Grape</li> <li>✓Lemonade without pulp</li> </ul> </li> <li>• Sodas</li> <li>• Gatorade</li> <li>• Tea (with sugar OK)</li> <li>• Coffee (black; with sugar OK)</li> <li>• Gelatin i.e. Jello (without fruit; no red or purple dyes)</li> <li>• Popsicles (without fruit or cream; no red or purple dyes)</li> <li>• Italian Ices (without red or purple dyes)</li> <li>• Coconut water</li> </ul>	<ul style="list-style-type: none"> <li>• Milk (no cow, soy, almond, rice, hemp milk)</li> <li>• Cream</li> <li>• Milkshakes</li> <li>• Ice cream</li> <li>• Smoothies</li> <li>• Orange juice</li> <li>• Grapefruit juice</li> <li>• Tomato juice</li> <li>• Soups other than clear broth</li> </ul>

### Why do I need to follow a clear liquid diet?

A clear liquid diet is necessary during colonoscopy preparation to provide needed fluids. Clear liquids are easy to digest and leave little or no residue in the digestive tract. Clear liquids are liquids that you can see through. For example, coffee is a clear liquid, but coffee with cream or milk is not. You will be starting your clear liquid diet the day before your exam.

## PRE-COLONOSCOPY ORDERS FOR DIABETIC PATIENTS

### Diabetics on dietary control only:

- No changes in usual prep.
- FSBS to be checked on arrival.

### Diabetics on oral hypoglycemic agents:

- Take usual diabetic medicine the morning of the prep, then no diabetic medicines until after the colonoscopy.
- FSBS to be checked on arrival.

### Diabetics on Insulin:

- Take one half of usual insulin dose the day before exam. Do not take insulin the morning of the colonoscopy.
- FSBS to be checked on arrival.