

## SPLIT DOSE SUPREP

### PROCEDURE DATE & TIME OF ARRIVAL

Bux-Mont Endoscopy Center    Grand View Hospital    St. Luke's Quakertown Hospital    GVH Harleysville Outpatient Center

Your physician has requested you have a colonoscopy examination to view the inside of your large intestine. The actual test takes approximately 30 minutes; however you can expect your total stay to be about 1 1/2-2 hours if performed at the Bux-Mont Endoscopy Center, or 2-3 hours if in the hospital. You will be receiving intravenous sedation medications for your procedure. Therefore, YOU MUST MAKE ARRANGEMENTS AHEAD OF TIME FOR AN ADULT TO DRIVE YOU HOME.

## INSTRUCTIONS

### Non-Steroidal Medications/Aspirin/Aggrenox:

- There is no need to stop anti-inflammatory drugs (such as ibuprofen, Motrin, Advil, Aleve, Naprosyn, etc.), aspirin or aggrenox unless otherwise directed by your physician.

### Blood Thinners:

- **IF YOU TAKE COUMADIN, PLAVIX, ASPIRIN, XARELTO, ELIQUIS, BRILINTA, TICLID, PRADAXA, ENOXAPARIN, ENDOXAPAN or other "blood thinning" agents,** you should already have special instructions from your doctor. If you did not receive these instructions, please notify nursing at **215-257-3011**.

### Diet the WEEK BEFORE your procedure:

- The week prior to your examination it is highly recommended that you follow a low roughage diet- avoid foods such as tomatoes, corn, beans and fruits with the peel so the physician can see the entire colon better.

### Diet the DAY PRIOR TO your procedure:

You may have a light breakfast before 9 AM and then begin clear liquids. Absolutely NO solid foods after breakfast.

- A clear liquid diet supplies fluid and calories and reduces bowel residue.
- Clear liquids include: Clear chicken, turkey, beef or vegetable broth or bouillon, black coffee, tea, clear hard candy, Jell-O, apple juice, water, Crystal Light, Gatorade, soda, Italian water ice, popsicles or white grape juice.
- **Do NOT** eat/drink anything with red, blue or purple food dyes- red and purple look like blood during your colonoscopy.
- **Do NOT have milk or milk products- milk is NOT a clear liquid.**
- You may continue to have clear liquids after midnight up until 3 hours prior to your arrival time.
- **Do NOT** drink water during the 3 hours- this will cause a cancellation or delay to your procedure.
- Do not chew gum, suck on hard candy or smoke 3 hours prior to your procedure.
- **\*Drinking any liquids, including water, within the 3 hours prior to your procedure may result in your procedure being cancelled.\***

## PREP INSTRUCTIONS

- Step 1
  - Evening before your procedure; start drinking your Suprep between 6 pm – 8 pm.
  - Dilute one bottle Suprep with 10 ounces of water. Drink the entire amount within one hour.
  - Immediately following, drink 32 ounces of water or clear liquids over one hour.
- Step 2
  - Morning of Procedure
  - Dilute the second bottle of Suprep with 10 ounces of water. Drink entire amount within one hour.
  - 5 hours prior to procedure time, start drinking Suprep (at: \_\_\_\_\_)
  - Immediately following, drink 32 ounces of water or clear liquids over one hour.
  - Please complete the Suprep and 32 ounces of water 3 hours prior to procedure time (End: \_\_\_\_\_).
- Step 3
  - If you take heart, blood pressure, seizure medication or medication for the acid in your stomach please take at least 3 hours prior to your arrival time. Use your inhalers as usual and bring with you. All other medications should be held until after the procedure.