

Mountain View Gastroenterology, PC
Debra J. Townsend, M.D.

Name: _____
Facility: _____ Procedure Date: ____/____/____
Check In Time: _____

PREPARATION INSTRUCTIONS FOR A COLONOSCOPY (Suprep Bowel)

****Please read all of these instructions carefully****

For any questions, please contact our office at 520-320-1369 so a staff member can go over them with you.

- 1.) **One week** before your exam you should stop taking aspirin, non-steroidal anti-inflammatory agents (Tylenol is ok to continue), high dose vitamin C and E, herbal supplements and iron supplements.
- 2.) **5 days before your exam** you must stop taking Coumadin, Plavix or other anticoagulants (blood thinners) after approved by your Cardiologist or Primary Care Physician and substitute with Lovenox under their directions when indicated.
- 3.) **5 days before your exam** stop any fiber agents, i.e. Metamucil, Citrucel, and Benefiber.
- 4.) **Day before your exam:** _____
 - In the morning you will begin with the Clear Liquid Diet and drink as much as you can throughout the day. Clear liquids only are permitted up until 4 hours before scheduled procedure time. (Please refer to the separate Clear Liquid Diet Instruction Sheet for guidance.)
 - Do not take any oral diabetic medication the day before and also none the morning of your exam.
 - Insulin dependent diabetics should take ½ the usual dose of Insulin the morning before your exam and **NO** insulin the day of your exam until after the exam when you have eaten.
 - Take any heart/blood pressure/seizure medications with a small sip of water 4 hours before your exam if this is your usual time.
 - Begin the bowel prep between 3pm-7pm
 - Pour one of the 6oz bottles of Suprep liquid into the mixing container; add cool drinking water to the 16oz line on the container and mix. Drink **ALL** the liquid in the container within 30minutes. You **MUST** drink 2 more 16oz containers of water over the next hour. For relief of gas, cramps, bloating, etc. you make Gas-X or Simethicone tablets (these can be purchased over the counter at any drug store).
 - Remain close to a toilet as multiple bowel movements will occur. Individual responses to laxative vary.
- 5.) **Day of your exam:** _____
 - Morning of your procedure 6hours before scheduled time __:__, pour the last 6oz bottle of Suprep liquid into the mixing container, add cool drinking water to the 16oz line on the container, mix and drink all the liquid in the container within 30 minutes. You **MUST** drink 2 more 16oz containers of water over the next 1 hour. For relief of gas, cramps, bloating, etc. you make Gas-X or Simethicone tablets (these can be purchased over the counter at any drug store).
 - Nothing by mouth 4hours before procedure time.
 - Arrive for appointment depending on facility as noted:
 - If scheduled at **TGI/Tucson Gastro Institute** arrive **30mins** prior to procedure.
 - If scheduled at **TSC/Tucson Surgery Center** arrive **1hour** prior to procedure.
 - You must have someone drive you home after your exam.
 - Please bring a list of your medications with you and someone to drive you home after your exam.