

# THE ENDOSCOPY CENTER, PLLC

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## PREPARATION INSTRUCTIONS FOR COLONOSCOPY WITH SUPREP (2 DAY DIET)

**Patient name:** \_\_\_\_\_ **Location:**  The Endoscopy Center, Suite 810  Alexandria Hospital

**Step 1:** Please read the following information regarding medications:

- If applicable, take all blood pressure and heart medications morning of procedure with very small sips of water.
- If you are taking *aspirin, blood thinners, or iron supplements*, i.e. **PLAVIX, COUMADIN**, please **STOP** taking these medications **THREE** days before your procedure. Please ensure that you have discussed this with your physician.
- If you have diabetes, **DO NOT** take diabetic medication (pills or insulin) until **after** your procedure. Bring these medications with you to take after your procedure. Please consult your physician if you have concerns regarding your medications.

**Step 2:** **Please purchase SUPREP** at any pharmacy-prescription is attached and **DULCOLAX** tablets (available over-the-counter). Try to obtain this a couple days ahead of time. Please disregard instructions included in prep kit and follow the instructions we have provided.

**Step 3: Two days before the procedure** \_\_\_\_\_

**Important!** For two days before the procedure, please **AVOID** bread, rice, pasta, fruits, & vegetables. You can **ONLY** have creamy milk products like milk, yogurt(any flavor but avoid fruit chunks), pudding(not rice/tapioca), ice cream(any flavor as long as there are **NO** nuts, cookies, candy bits) and milkshakes(**DO NOT ADD** protein/whey powder or Metamucil). You may eat meat if you choose to. You can also have eggs, Jell-O, hard candy, popsicles and clear liquids. Clear liquids include: water, coffee, tea, milk, soda, chicken broth or beef broth.

**Step 4:** Around 5pm, take four (4) Dulcolax tablets with a glass of water. **DO NOT** crush or chew tablets. **DO NOT** take the Dulcolax within 1 hour of taking an antacid.

**Step 5: The day before the procedure:** \_\_\_\_\_

For the whole day before the procedure, please **AVOID** bread, rice, pasta, fruits, vegetables, & **meat**. You can **ONLY** have creamy milk products like milk, yogurt(any flavor but avoid fruit chunks), pudding(not rice/tapioca), ice cream(any flavor as long as there are **NO** nuts, cookies, candy bits) and milkshakes(**DO NOT ADD** protein/whey powder or Metamucil). You can also have eggs, Jell-O, hard candy, popsicles and clear liquids. Clear liquids include: water, coffee, tea, milk, soda, chicken broth or beef broth.

**Step 6: At 5:00 pm**, pour the contents of one bottle of SUPREP into the mixing container provided. Fill the container with water to the 16 oz fill line. **DRINK THE ENTIRE AMOUNT**. Drink **AT LEAST TWO** additional containers of water filled to the 16oz line over the next hour.

**Step 7: At 9:00 pm**, pour the contents of the second bottle of SUPREP into the mixing container. Fill the container with water to the 16 oz fill line. **DRINK THE ENTIRE AMOUNT**. Drink **AT LEAST TWO** additional containers of water filled to the 16oz line over the next hour.

You must complete the entire prep to ensure effective cleansing. Your body loses significant amounts of fluid during bowel preparation. **To prevent dehydration, make a conscious effort to drink as much clear liquids as you can before, during and after the preparation until midnight.**

**DO NOT EAT OR DRINK ANYTHING, INCLUDING WATER, AFTER MIDNIGHT**

**Step 8:** The day of the procedure: \_\_\_\_\_

**DO NOT EAT OR DRINK ANYTHING, INCLUDING WATER, THE DAY OF YOUR PROCEDURE.**

PLEASE CHECK IN AT \_\_\_\_\_ AM/PM

YOUR PROCEDURE WILL BEGIN AT \_\_\_\_\_AM/PM

PLEASE SEE BACK FOR ADDITIONAL FAQs

**SINCE YOU WILL BE GIVEN IV ANESTHESIA, YOU MUST HAVE A RESPONSIBLE ADULT TO DRIVE YOU HOME.**

**NO TAXIS ARE PERMITTED AND DRIVING IS PROHIBITED FOR THE REST OF YOUR PROCEDURE DAY.**

**PLEASE DO NOT bring any valuables to your procedure as we cannot be responsible if they are lost or damaged.**

**Please have your driver pick you up in the Endoscopy Center, Suite 810 / Alexandria Hospital**

**If you have any questions after or before work hours, please call 703-823-0333 and the on-call physician will be paged.**

**Please note for Endoscopy Center Parking:**

If your procedure is before 8 am, please park in the garage-Level A. This is the only way to access our building. Elevators are operational after 6:45 am and can be accessed from the parking garage. If the elevators will not go to the 8<sup>th</sup> floor, follow the instructions in the elevator that explain how to get in touch with the service that will allow access to the 8<sup>th</sup> floor.

**Please note for Alexandria Hospital Parking:**

Please park in the pay parking lot. You will need to check into the visitors entrance and enter through the left door for the Endoscopy Suite. If your procedure check-in time is at 7:00 am please do not arrive any earlier. The Endoscopy Suite does not open before 7:00 am.