

Colonoscopy with SUPREP

THE DAY OF YOUR PROCEDURE: _____

Have someone accompany you to the Facility and arrive at _____

- Advanced Surgery Center, 9420 Key West Avenue #104, Rockville, MD 20850
- Shady Grove Adventist Hospital, 9901 Medical Center Drive, Rockville, MD 20850
- Holy Cross Hospital, 1500 Forest Glen Road, Silver Spring, MD 20910
- Other: _____

To ensure that any and all abnormalities can be seen clearly during the procedure, the colon must be completely empty of waste material. Solid matter retained in the colon prolongs the colonoscopy and can reduce its effectiveness and decreases the diagnostic accuracy, making a repeat examination necessary. To avoid this, you will need to follow the pre-colonoscopy diet carefully and follow the preparation instructions. Diet is a very important part of the cleansing process. If you are pregnant, please notify the doctor immediately.

You were given a prescription at your consultation appointment. Please take that prescription to the pharmacy to purchase your preparation a few days before your procedure.

THE DAY BEFORE YOUR PROCEDURE: _____

The Day Before Your Procedure:

Please do not eat any solid food the day before your procedure. **You are only allowed to drink clear liquids.** This includes any liquid you can see through such as chicken, beef, or vegetable broth, tea, coffee, Gatorade, Popsicles (orange, yellow, green), Crystal Light, Soda, and Jello (orange, yellow, green), but no dairy products. Make sure to drink plenty of fluids all day to help avoid dehydration. **Please note:** Avoid red and purple liquids.

You can continue your clear liquids throughout the day.

First Dose:

Twelve (12) Hours Before Your Procedure:

Pour the entire contents of the first bottle of SUPREP into the mixing container provided and then fill with water to the 16 oz fill line and drink the entire contents. Drink two (2) additional containers of water over the next hour.

Second Dose:

Six (6) Hours Before Your Procedure:

Pour the entire contents of the second bottle of SUPREP into the mixing container provided and then fill with water to the 16 oz fill line and drink the entire contents. Drink two additional containers of water.

****After your second dose, do not take anything by mouth. You will have to wait until after your procedure to eat or drink anything from this point on because it is not safe to have a colonoscopy with sedation when your stomach contains food.**

The day of your procedure:

Due to the medication, you will not be able to drive home after a colonoscopy. An adult must accompany you and drive you home after the procedure. You are not allowed to take a taxi, bus, walk home, etc. If you do not have a ride, your procedure will have to be cancelled.

Please do not plan to return to work the day the colonoscopy is performed.

What about my medications?

If you need to take any medication, you may do so the morning of your procedure with a small sip of water. However, if you are able to, you can wait until after your procedure to take your medications.

If you take any diabetic medications, please hold them the day before your procedure (while you are taking the preparation) and the morning of the procedure. Check your blood sugars often. If your blood sugar is below 80 or above 200, please call our office at 301-838-4224 and inform the doctor.

If you take blood thinners, such as Coumadin (Warfarin), Plavix, Aggrenox, Asprin, Pradaxa, or Advil type medications, please hold them for 7 days prior to your procedure. You may take any other medications in the morning of your procedure with a small sip of water.

During the colonoscopy

You will be given a sedative medication intravenously that relaxes and makes you sleepy. While lying on your side, the colonoscope is inserted into the rectum and gently advanced along the colon. The colonoscope is then slowly withdrawn while the colon is again carefully examined. If there is discomfort, it is very mild. You will likely fall asleep during the examination and may not, because of the medication, even remember having the test done.

Recovery

After the colonoscopy, expect to be kept in the recovery room a short time, until most of the effects of the medication have worn off. Because you may not remember all the details explained during or after the procedure, the doctor will relay the results of the colonoscopy to the person who accompanies you. If this is not agreeable, notify the doctor and nurses before the procedure begins.

Resume taking your usual medications on their regular schedule unless otherwise instructed by the doctor. Your normal diet and activities also can be resumed unless otherwise instructed.

Possible Complications

Colonoscopies are safe and very low in risk. Most colonoscopies are free from complications and the benefits of colonoscopy greatly outweigh the risk. However, like any other effective diagnostic or therapeutic procedure, complications can occur. Possible complications are perforation of the colon, heavy bleeding, infection, and aspiration. Persistent bleeding may require hospitalization and even surgery. There is also a 3-4% chance of missing small polyps and perforation is a 1% chance of 1000 cases. If you develop abdominal pain that is not gas related or excessive rectal bleeding (more than a spoonful and recurrent), the doctor should be contacted immediately.

For Patients Scheduled at Advanced Surgery Center

Please fill out the highlighted areas of the packet that was given to you. The facility and anesthesiologist require health information not available in your record here at our office. If you need any assistance in filling out your paperwork, please call 301-838-4224 and a staff member will assist you in completing your forms.