



HOW TO  
DO BOWEL  
PREPARATION FOR  
A COLONOSCOPY  
USING SUPREP

**Physician's Name:**

**Procedure Date:**

M T W TH F

**Location:**



For any **scheduling** questions, you may contact City of Hope's Division of Gastroenterology's coordinator at **(626) 218-4966**.

Monday through Friday, 8:30 a.m. to 5 p.m.

A colonoscopy is a procedure (test) using a scope and video that lets your doctor examine the lining of your colon and rectum. A colonoscopy can detect polyps (abnormal or precancerous growths on the lining of the colon or rectum), early cancers and other conditions, such as inflammation. Polyps usually are benign (not cancerous). Removal of polyps, which usually can be done during the procedure, can prevent colorectal cancer.

A colonoscopy rarely causes pain. You will be sedated during the procedure. The test can take from 15 to 90 minutes, but the average colonoscopy takes 15 to 30 minutes.

**A nurse will confirm instructions, arrival time and check-in location one week prior to your procedure.**



**IMPORTANT!** For your safety, you will need a caregiver, family member or friend over the age of 18 years to drive you home after the procedure or your procedure will be canceled.

The procedure will not begin until a driver is confirmed. If you are unable to confirm, your appointment will be **canceled**. You should be ready for pickup approximately four hours after your scheduled procedure time.

If you don't have anyone to drive you home, please let us know in advance and we can provide you with a list of agencies that will help with transportation. Uber, Lyft, taxis and shuttles will still require you to have a caregiver over the age of 18 to be with you.

## WHAT TO EXPECT DURING A COLONOSCOPY

When you arrive, the front desk clerk will check you in by asking you to spell your name and state your date of birth and insurance information, and to provide your driver's name and telephone number.

After changing into a hospital gown, a nurse will access one of your veins to place an intravenous (IV) catheter to infuse medications through, including anesthesia. An anesthesiologist will review your medical history. Prior to your colonoscopy, your doctor will explain the procedure in detail, including any risks, and answer any of your questions. You will then sign the consent form.

Next, you will be brought into the procedure suite where equipment to monitor your heart, breathing and blood pressure will be placed. You will receive oxygen through your nose.

You will be given anesthesia through your IV, which will make you fall asleep. The doctor will slowly move the scope through the entire length of your colon. If polyps are identified, they will be removed, and other abnormalities will be biopsied. The biopsy will be examined under a microscope. The procedure should be comfortable and painless.

## AFTER YOUR PROCEDURE

You will wake up in the recovery room. You might have some cramping or bloating because of air put into the colon during the test. This is normal and should disappear quickly when you pass gas. Once you are fully awake, your nurse will remove your IV. Your doctor will then discuss your procedure results.

Your nurse will explain your discharge instructions to your companion before you go home. Even if you feel awake and alert, your ability to make decisions and body reflexes may not work as they normally would for the rest of the day.

# BEFORE YOUR COLONOSCOPY:

## MEDICATION RULES BEFORE THE PROCEDURE



**IMPORTANT!** Please read directions carefully  
**10 days** before your procedure!



**Are you taking blood thinners or anti-platelet medications?**

Depending on your medical history, your health care team may ask you to stop these medications for one to seven days before your procedure. Please talk about these medications with the prescribing physician. If needed, we can contact your physician for recommendations on when to discontinue medications prior to your procedure.

### Commonly prescribed medications:

- |                        |                        |                         |
|------------------------|------------------------|-------------------------|
| ▪ Edoxaban (Savaaysa)  | ▪ Apixaban (Eliquis)   | ▪ Heparin               |
| ▪ Warfarin (Coumadin)  | ▪ Dalteparin (Fragmin) | ▪ Rivaroxaban (Xarelto) |
| ▪ Dabigatran (Pradaxa) | ▪ Tinzaparin (Innohep) | ▪ Prasugrel (Effient)   |
| ▪ Cilostazol (Pletal)  | ▪ Enoxaparin (Lovenox) | ▪ Icagrelor (Brilinta)  |
| ▪ Clopidogrel (Plavix) |                        |                         |



**IMPORTANT! DO NOT STOP YOUR ASPIRIN**  
**unless instructed to do so by your doctor.**



**Do you have a cardiac defibrillator (AICD) or current cardiac issues?**

If so, a clearance letter from your cardiologist is required at least one week before the procedure. Cardiac issues include chest pain, difficulty breathing or fainting episodes.



**Do you have hypertension?**

Blood pressure medication, with the exception of diuretics (water pills), should be taken as usual on the day of the exam with a sip of water. Diuretics should be held the morning of the procedure.



### Are you taking daily pain medications?

**NSAIDS (nonsteroidal anti-inflammatory drugs)** should not be taken seven days before your procedure. Please use acetaminophen (Tylenol) instead.

- Ibuprofen (Motrin/Advil)
- Naproxen (Aleve)
- Percodan
- Celebrex
- Indocin
- Excedrin
- Diclofenac
- Mobic
- Voltaren
- Relafan

Please tell your health care team if you are taking daily **opioids** (formerly known as narcotics).



### Do you have diabetes?

If you are taking insulin or oral anti-diabetes pills, it would be helpful for you to check with the prescribing physician for instructions on managing your medications the day before and morning of the procedure.

For insulin, the general recommendation is to take half of your usual nighttime insulin dose the night before procedure. If you are taking long-acting insulin on the morning of procedure, take half of your usual dose.



### Hold/do not take the evening prior to procedure

- Glyburide
- Victoza (liraglutide)
- Prandin



### Hold/do not take on the morning of procedure

- Amaryl (Glimepiride)
- Glucophage (Metformin)
- Januvia
- Actos (pioglitazone)
- Avandia (rosiglitazone)

# HOW TO PREPARE FOR YOUR PROCEDURE

## PURCHASING THE PREP

Before your colonoscopy, you will need to pick up and purchase **SUPREP**, a bowel prep kit. A prescription for SUPREP will be called into your pharmacy a week before your procedure.



## BEGINNING SEVEN DAYS BEFORE YOUR PROCEDURE

### Do not take supplements, such as:

- Multivitamins
- Iron
- Vitamins B/D/E
- Glucosamine
- Fish oil/omega 3
- Black cohosh
- Ginseng
- Ginkgo biloba
- Garlic
- St. John's wort
- Other herbal preparations

### Do not eat:

- Whole kernel corn
- Popcorn
- Seeds (such as poppy, sesame or sunflower seeds)
- Berries with seeds (such as raspberries or strawberries)
- Dried fruit
- Unpeeled fruit
- Quinoa
- Nuts

*These foods are hard to digest, do not easily clear out of your colon and will make it difficult for your doctor to see the colon well during the procedure.*

## THE DAY BEFORE YOUR PROCEDURE

You are allowed breakfast and a morning snack. This is the only time you are allowed to have solid foods. Only the items listed below are allowed, including any of the clear liquids.



**Breakfast morning snack:** From the moment you wake up until 11:30 a.m., you can have:

- Applesauce
- Banana (ripe)
- Canned fruit without seeds or skin
- Hard boiled egg whites
- Pretzels
- Rice krispies (no milk)
- Rolls
- Saltine crackers
- Vanilla wafers
- White bread
- White rice cakes

Do not use butter or oils.



**Lunch (no later than noon):** You may have one to two cans of Ensure or Boost for lunch. Please continue drinking clear liquids.

You will be on a clear liquid diet from noon until midnight.

You must avoid all solid foods after noon.

You may only have light or clear-colored liquids that you can see through; nothing red or purple in color. Be sure to drink plenty of water throughout the day.

**Clear liquid diet:** Liquids must be clear; nothing red or purple in color. You may have:

- Water or coconut water (no pulp)
- Fruit juices without pulp: apple, white grape, strained lemonade (no orange)
- Clear broth or any flavor bouillon (made from cubes or powder packets only, avoid canned or boxed broth)
- Gatorade, Kool-Aid, Crystal Light or Vitamin Water
- Soda or iced tea, regular or diet
- Jell-O gelatin **without** added fruit or toppings
- Popsicles, ices or sorbet (e.g., lemon, peach or mango)
- Honey, sugar or clear hard candies
- Tea or coffee **without** milk, cream or nondairy creamer



### YOU MAY NOT HAVE:

- Smoothies or blended fruit or vegetable drinks
- Any dairy products or nondairy products, such as almond milk, rice milk or soymilk

If you cannot see through it, if it has pulp or contains anything that you need to chew in order to swallow, **DO NOT DRINK IT!**

## EVENING BEFORE PROCEDURE

Start **SUPREP** at 5 p.m.

### STEP 1

Pour **ONE** 6 oz. bottle of SUPREP liquid into the mixing container.



### STEP 2

Add cool drinking water to the 16 oz. fill line on the container and mix.

**NOTE:** Be sure to dilute SUPREP as shown before you drink it.



### STEP 3

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



### STEP 4

You **must** drink two more 16 oz. containers of water over the next hour.



Please continue drinking clear liquids until midnight.

After midnight, please stop drinking completely; no more clear liquids until after your procedure.

Although it varies from person to person, you will begin having liquid stools usually around two hours after you have taken the prep. The diarrhea often lasts for about four or five hours, or until the colon is empty. Cramping is normal and can occur throughout the prep process.

## DAY OF PROCEDURE



**You may not have any clear liquids until after your procedure.**

Any approved medications (as advised by your doctor) may be taken with a sip of water.  
You may brush your teeth before the procedure.

Start **SUPREP** at 4 a.m.

### STEP 1

Pour **ONE** 6 oz. bottle of SUPREP liquid into the mixing container.



### STEP 2

Add cool drinking water to the 16 oz. fill line on the container and mix.

**NOTE:** Be sure to dilute SUPREP as shown before you drink it.



### STEP 3

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



### STEP 4

You **must** drink two more 16 oz. containers of water over the next hour.



**NOTHING BY MOUTH (NPO)**

You will be NPO or nothing by mouth before your procedure. This includes gum, mints or candy in the mouth.



**IMPORTANT!** If you drink or eat anything, your procedure will be canceled/rescheduled.

For more information on the SUPREP bowel kit and how to prepare the dose, visit the website at [suprepkit.com](http://suprepkit.com).

# AFTER THE PROCEDURE: AT HOME

If you had a biopsy, you may notice a few drops of blood coming from your rectum. This is normal. Please do not drink alcoholic beverages for 24 hours after your procedure. Avoid carbonated beverages, raw fruits and salads at your postprocedure meal. You may resume your normal diet and activities the next day.

## **Call the Nursing Triage Call Center if you have:**

- A temperature of 101 F (38.3 C) or higher, chills
- Severe stomach pain or increasing size and firmness of your abdomen
- Heavy bleeding from your rectum of more than 2 oz. or bleeding that lasts more than 24 hours
- Black, tarry stool
- Weakness, faintness or severe nausea/vomiting
- Shortness of breath
- Chest pain

## **Call 626-218-7133**

A registered nurse is available 24 hours a day to answer questions for non-life-threatening health problems. Please have your medical record number when you call.



To learn more about colon cancer and the colonoscopy procedure, visit:  
[CityofHope.org/colorectal-cancer-tests](https://www.cityofhope.org/colorectal-cancer-tests) or [preventcancer.org/colorectal](https://www.preventcancer.org/colorectal).

For additional information, call City of Hope:

Division of Gastroenterology: **626-256-HOPE (4673), ext. 62033**

Division of Colorectal Surgery: **626-256-HOPE (4673) or 626-218-4052**



Patient, Family and Community Education  
Division of Gastroenterology

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[CityofHope.org](https://www.cityofhope.org)