

| <u>ONE WEEK BEFORE:</u>  | <u>5 DAYS BEFORE:</u>  | <u>3 DAYS BEFORE:</u>  | <u>1 DAY BEFORE CONTINUED:</u>  | <u>DAY OF PROCEDURE:</u>   |
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| <p><b><u>Notify your physician if you have any of the conditions listed below, as we may need to modify your pre-colonoscopy instructions:</u></b></p> <ul style="list-style-type: none"> <li>• Kidney Disease</li> <li>• Diabetes</li> <li>• Artificial Heart Valve</li> </ul> <p><b><u>Transportation:</u></b><br/>Due to sedation administered during your procedure, you may not drive or leave the procedure unit without an escort. <b>Taxi cabs are not legal escorts.</b></p> <p><b><i>Please stop taking any supplements that contain oils, such as fish oil, krill oil, etc. for 1 week prior to your colonoscopy.</i></b></p> | <p><b><u>Medications:</u></b><br/>If you take prescription blood thinners or a platelet inhibitor, such as <i>Coumadin, Warfarin, Pradaxa, Xarelto, Eliquis, or Plavix</i>, <b>check with your physician for directions about stopping these medications.</b></p> <p>Aspirin prescribed by a physician <b>should not</b> be stopped and should be taken as directed.</p> <p><b>Stop taking iron supplements 1 week prior to your colonoscopy.</b></p> <p><b><i>Buy Simethicone 125 mg tablets over-the-counter. You will need 4 tablets total.</i></b></p> | <p><b><u>Diet:</u></b><br/>Please try to avoid eating any seeds, popcorn, and nuts until after your colonoscopy.</p> <p><b><u>1 DAY BEFORE:</u></b></p> <p><b><u>Diet:</u></b><br/><b>BEGIN A CLEAR LIQUID DIET - NO solid food, milk or milk products, and no juice with a pulp.</b></p> <p><b><u>Acceptable clear liquids:</u></b></p> <ul style="list-style-type: none"> <li>• Clear juice (apple, white grape, white cranberry etc.)</li> <li>• Black coffee or tea (no cream)</li> <li>• Broth (no noodles)</li> <li>• Soda (any kind OK)</li> <li>• Sport drinks</li> <li>• Jell-O</li> <li>• Popsicles</li> <li>• Ensure Clear (peach flavor)</li> <li>• Coconut Water</li> </ul> <p><b><u>AVOID any clear liquids that are RED or PURPLE in color.</u></b></p> | <p><b><u>Sometime between 3-6 pm, take 2 Simethicone capsules and then drink the first dose of SUPREP as directed on the “SUPREP BOWEL PREP KIT” instructions sheet provided in your instructions &amp; information packet. Ignore any instructions provided separately with the SUPREP itself or by the pharmacy.</u></b></p> <p>Responses to the prep vary. Bowel movements will begin 30 minutes to 6 hours following ingestion of the preparation.</p> <p><b>The prep may cause side effects such as bloating, cramping and nausea.</b></p> <p><b><u>In addition to the prep, continue drinking extra fluids so you don’t get dehydrated.</u></b></p> | <p><b><u>Hold Diabetic medication</u></b><br/><b><u>Hold Diuretics such as: Lasix (furosemide) and/or Hydrochlorothiazide (HCTZ).</u></b></p> <p><b><u>5-6 HOURS before leaving home:</u></b><br/>Take 2 Simethicone capsules and then drink SUPREP dose #2.</p> <p>You may continue to have clear liquids until 3 hours prior to your arrival time.</p> |