**DR. GRASS PREP INSTRUCTIONS FOR COLONOSCPY**

**SUPREP SPLIT DOSE**

Your procedure is scheduled on\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with Dr. Grass

**Medication to stop: Aspirin\_\_\_\_\_\_Plavix\_\_\_\_\_\_Coumadin\_\_\_\_\_\_NSAIDS\_\_\_\_\_\_Eliquis\_\_\_\_\_\_**

**Pradaxa\_\_\_\_\_\_Xarelto\_\_\_\_\_\_Fish Oil\_\_\_\_\_\_Other\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Two days before the colonoscopy:

1. Make sure you have picked up your Suprep from the pharmacy. Read the instructions again; call the office if you have any questions.
2. NO raw fruits or vegetables. NO popcorn, nuts, corn, bran/fiber bars, cereals, or meats. Eat light foods, soups, pudding, ice cream, yogurt, and oatmeal – all soft foods. Avoid thick cuts of meat i.e.: steak, chicken, pork. You may eat deli sliced meats and hamburger.
3. Drink plenty of fluids.

The day before the colonoscopy:

1. NO solid food; NO alcohol
2. Clear liquids all day.

* Upon waking, drink at least 8 ounces of clear liquids every hour until bedtime. This is in addition to the colon prep. **Always avoid RED, PURPLE, and BLUE colored liquids, Jell-O, or popsicles.**
* As a rule – if you can see through it, you can drink it.
* Clear fruit juices (apple or white grape juice)
* Water, tea, coffee (without cream)
* Kool-Aid, Gatorade, or PowerAde
* Clear soup, broth, or bouillon
* Popsicles, hard candies, soda pop, Jell-O

1. At 5pm, pour **ONE 6 ounce bottle of SUPREP** into the mixing container. Add drinking water to the 16-ounce line on the container and mix. You may add lemon or lime juice for flavoring. Drink **ALL** the liquid in the container within 20-30 Minutes. Drink two 16-ounce containers of water over the next hour.

**\*2nd Dose will be due 5 hours prior to check in time. Repeat steps as directed above. The Surgery Department will be the only one to notify you of the time. Their number is 712-623-7174**

The day of the colonoscopy

1. NO solid foods: NO alcohol.
2. Take your morning medications with small sips of water, except \_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Please call your primary care provider for insulin adjustments.
3. **\*Five (5) hours prior to check in time mix the remaining dose of Suprep as instructed above. At \_\_\_\_\_\_am drink ALL the liquid in the container.**
4. Drink an additional two 16-ounce glasses of water within 2 hours.
5. After finishing the water, nothing else by mouth.

**Check in at the Emergency Department registration desk is at \_\_\_\_\_\_\_am.**

**FREQUENTLY ASKED QUESTIONS**

Question: **What if I feel like I am going to vomit if I drink another glass of prep, OR, what if I start to vomit while drinking the prep?**

*Answer:* Stop prep for 30-45 minutes until symptoms subside, then resume.

Question: **What if I drink all the prep and I do not have a bowel movement?**

*Answer:* Wait one (1) hour. If still no stool, you will need a Fleets enema. This can be purchased over the counter at any pharmacy. If still no results, call the Dr. who will performing your colonoscopy.

Question: **What if I have rectal discomfort?**

*Answer:* You may apply petroleum-based product or diaper rash ointment to the rectal are if you experience discomfort from frequent stools.

Question: **Does my driver have to stay with me during the procedure?**

*Answer:* If your driver does not wish to remain in the lobby, a contact number may be given to the nursing staff. Typically, the driver can return two (2) hours after they drop you off.

Question: **Can I eat after my procedure?**

*Answer:* Usually you may resume your normal diet unless otherwise instructed.

Question: **Will I be asleep for my procedure?**

*Answer:* Yes, you will be given anesthesia. You will be comfortable and unaware of the procedure. The medications given to you are designed to decrease your awareness and will affect your ability to remember the event.