

**SUPREP Patient Instructions for Colonoscopy**  
\* Pick up your prescription for SUPREP at your pharmacy

**Appointment Date:** \_\_\_\_\_ **Check-In/Arrival Time:** \_\_\_\_\_

**Procedure Location:** La Jolla Endoscopy Center on 9<sup>th</sup> Floor \*\*\*NOT THE OFFICE\*\*\*  
9850 Genesee Ave. Suite 980 – Ximed Building

**Seven Days Before Procedure**

- ✓ **STOP** taking aspirin or aspirin-containing products (e.g. Alka-Seltzer, Excedrin, etc.) and Plavix.

**Five Days Before Procedure**

- ✓ **STOP** taking iron pills or multivitamins containing iron.
- ✓ **STOP** taking fiber supplements (e.g. Metamucil, Fiber Con, Citrucel, etc.).
- ✓ **DO NOT** eat nuts, popcorn, corn, or seeds.
- ✓ **DO NOT** take non-steroidal anti-inflammatory or arthritis medications (e.g. ibuprofen, Advil, Motrin, Nuprin, Naprosyn, Aleve, Celebrex, Mobic, etc.). **You may take Tylenol.**

**Note:** If you are taking Coumadin, Lovenox, Heparin, or other blood thinners, contact your physician for specific instructions.

**One Day Before Procedure**

**1. DRINK STRICTLY CLEAR LIQUIDS THE ENTIRE DAY**

Clear liquids include:

- **Beverages:** water, Gatorade (no red), apple/white grape juice, orange juice without pulp, lemonade, tea, and coffee (no creamer).
- **Soups:** chicken broth and beef broth.
- **Desserts/misc.:** hard candies, Jell-O (non-red), popsicles (non-red), salt, sugar, honey, syrup.  
\*\*\*\*\***DO NOT** drink anything colored red, or any milk or dairy products, or alcohol

**2. BOWEL PREP INSTRUCTIONS THE DAY BEFORE THE PROCEDURE**

SUPREP instructions for your colonoscopy (split-dose regimen):

- At **5:30 p.m.** the day before the procedure:
  - Step 1:** Pour ONE 6-ounce bottle of SUPREP liquid into the mixing container.
  - Step 2:** Add cool drinking water to the 16-ounce line on the container, mix and drink.
  - Step 3:** You must drink TWO more 16-ounce containers of **WATER** over the next 1-2 hours.
- Continue to drink clear liquids throughout the evening.

**The Day of the Procedure**

1. At \_\_\_\_\_ repeat the same steps with second bottle (3 hours before check-in time)
2. STOP ALL LIQUIDS (including water) at: \_ \_\_\_\_ (2 hours before check-in time)

Take nothing by mouth except your essential morning medications (especially blood pressure, heart, asthma, and seizure medications). If you have diabetes, you should hold your oral diabetes medication on the morning of the test. If you take insulin, you should take one-half your usual dose on the day before the test. Please consult your prescribing physician if you have specific questions.

**Feelings of bloating, cramping, and/or nausea** are common, due to the volume of fluid ingested. If you experience nausea or vomiting, rinse your mouth with water, take a 30-minute break, and resume drinking the prep at a slower rate. These sensations are temporary and improve once bowel movements begin. Generally, most people have bowel movements within 2 hours of beginning the prep. Sometimes there may be a delay of 4-6 hours before this occurs. Please be patient, and remember to stay close to a bathroom. Be sure to finish the prep.

### **Things to remember the day of your procedure!**

1. Have nothing by mouth two hours prior to your check-in, this means to STOP ALL CLEAR LIQUIDS (including water). You risk your procedure being rescheduled if you don't follow this important step.
2. Bring your insurance card and current list of medications.
3. You **MUST** have an adult driver, 18 years of age or older, who will accept responsibility for you.
4. Your designated adult driver must be present at discharge for instructions. You are not allowed to take a taxi, bus, or shuttle van. If you do not have a responsible adult escort, your procedure will be rescheduled. Ideally, your escort should be able to stay with you for several hours after the procedure in case you are still sleepy. You will be asked not to drive, sign legal documents, or consume alcohol for 24 hours.
5. Plan to be at the facility for approximately 2 hours from check-in to check out.

### **Billing**

You may receive a call up to a week before your procedure from the endoscopy's billing department, (844) 210-6742, to verify insurance benefits and to provide you the amount of upfront collections that are to be paid on the day of your procedure if any. You may call them directly if you don't receive a call.

Physician charges are separate from facility charges. If biopsies are taken, you will also receive two additional bills from the pathologist and the hospital laboratory. Preventative screening colonoscopies can only be billed for patients who DO NOT have any symptoms or diagnosis, personal history or family history of colon cancer or polyps. An evaluation of any sign, symptom, or colorectal disease will be submitted as a diagnostic procedure. Therefore, out of pocket expenses may apply according to your insurance benefits.

Please contact **(858) 453-5200** if you have any questions or concerns.