

NORTH VALLEY GASTROENTEROLOGY MEDICAL GROUP  
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**Pick up prep From Pharm. Within 2 weeks**  
**COLONOSCOPY INSTRUCTIONS WITH**  
**SPLIT DOSE SUPREP From Consult.**

**READ INSTRUCTIONS IN THE NEXT 1-2 DAYS. CALL FOR QUESTIONS.**

5-7 Days Prior To Procedure	3 Days Prior To Procedure	1 Day Prior To Procedure	Day of Procedure
<p>Ensure you have the Prep</p> <p>Stop all supplements and herbs such as fish oil, iron, vitamins</p> <p>Stop blood thinners* such as Aspirin, NSAIDS, Aggrenox, Effient, Plavix, Pletal, Pradaxa, Ticlid, Coumadin</p> <p><i>*Discuss with managing physician</i></p>	<p>Stop high fiber diet such as nuts, seeds, peels, popcorn</p>	<p>Only clear liquid diet today</p> <p>No Alcohol</p> <p>No solid food, milk or dairy, red or purple colored liquids</p> <p>Drink plenty of liquids</p> <p>For diabetics: Half dose insulin Monitor blood sugars closely</p> <p><b>First half of the prep at 5 PM</b></p>	<p><b>Second half of the prep 4 hours prior to procedure time</b></p> <p>No diabetic medications in AM</p> <p>No diuretic blood pressure medications in AM</p> <p><b>Nothing by mouth after prep</b></p> <p>Wear comfortable clothes</p>

**Examples of Clear Liquids (No red or purple coloring)**

- Water
- Clear broth (chicken, beef, vegetable)
- Clear juices (apple, white grape, white cranberry)
- Soft drinks (Sprite, 7 UP)
- Sport drinks (Gatorade, Powerade)
- Black coffee
- Black/green tea
- Jello
- Popsicles
- Flavored drinks (Crystal Light, Mio)

**Additional Information Regarding Your Colonoscopy**

1. You will need a driver the day of your procedure and they will need to stay with you. Doors open at 7:00 am.
2. To improve the taste of your preparation medication try 1) adding a citrus-flavored powdered drink packet; 2) chilling it before drinking; 3) licking a lemon or lime wedge after drinks; or 4) using a straw.
3. Consider using petroleum jelly or diaper rash ointment to minimize irritation from passing many bowel movements.
4. To prevent dehydration, drink plenty of fluids before (as instructed above) and after the procedure. Your body can lose significant amounts of fluids during the bowel preparation.
5. Common side effects include nausea, fullness, and bloating in up to 50% of patients. Abdominal cramps, vomiting and anal irritation occur less frequently. Side effects are temporary and usually subside quickly. Weakness can also occur, especially if you have not taken enough fluid intake.
6. If you develop severe nausea or vomiting, stop drinking the bowel prep for 30 minutes, and then start again once you are feeling better.
7. The stool should be watery. Digestive juices will continue to tint the stool yellow. A poor prep is suggested if the stools are muddy or thick.
8. Medications taken at least an hour prior to beginning the prep should be absorbed.

**INSTRUCTIONS FOR SPLIT DOSE SUPREP:**

1. **First dose at 5PM (1700) the night before the procedure. Follow instructions:**

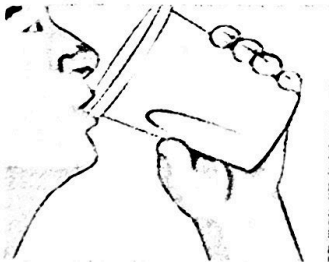
**Step 1:** Pour ONE 6 oz bottle of Suprep liquid into mixing container.



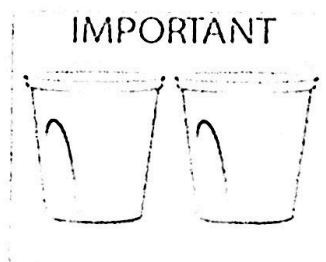
**Step 2:** Add cool drinking water to 16 oz line on container and mix. Be sure to dilute Suprep as shown before you drink.



**Step 3:** Drink ALL the liquid in the container.



**Step 4:** You must drink two more 16 oz containers of water over the next 1 hour.



2. **Second dose four (4) hours prior to scheduled procedure time. Follow instructions above.**