

# SUPREP COLONOSCOPY BOWEL PREPARATION

If you have any questions, please call Dr. Peffley's Office at 503-623-1200

\_\_\_\_\_ is scheduled for colonoscopy with Dr. Peffley at West Valley Hospital on \_\_\_\_\_ at \_\_\_\_\_ am. Check in at \_\_\_\_\_ am.

## CAUTION:

1. If you are taking iron, aspirin tablets, or any anti-inflammatories such as MOTRIN, ADVIL, NAPROSYN, ALEVE, etc please STOP them five (5) days before your exam.
2. Avoid eating greens (turnip, mustard, etc.), beans, lettuce and corn three (3) days before your test. These foods are good, but digest slowly.
3. **IF YOU DO NOT STOP YOUR ANTI-INFLAMMATORIES OR HAVE A POOR PREPARATION, THE COLONOSCOPY WILL HAVE TO BE RESCHEDULED.**

## INSTRUCTIONS:

On \_\_\_\_\_ (2 days before the colonoscopy), eat a light dinner.

On \_\_\_\_\_ (1 day before the colonoscopy), drink CLEAR FLUIDS ONLY.

- Strained fruit juices (NO PULP) – avoid all RED or PURPLE juices
- Water, tea, coffee (no milk, no creamer)
- Clear broth: chicken, beef, or vegetable bouillon
- Kool-Aide, Gatorade, Carbonated Drinks – avoid all RED or PURPLE liquids
- Plain Jell-O, Popsicles – avoid all RED or PURPLE dyes
- Try to drink at least 8 ounces of clear liquids every hour you are awake

At **4:00 PM**, pour ONE (1) 6 ounce bottle of Suprep liquid into the mixing container. Fill with cool water to the 16 ounce line. Mix well. Drink all the liquid in the container. You must drink TWO (2) more 16 ounce containers of water over the next hour. It is important you try to finish this part of the prep in two hours. Bowel movements should begin about a half hour to an hour after your first glass. Feelings of bloating and nausea are common after the first few glasses. They should subside when you start having bowel movements. If you are too nauseated, you may take a 30 minute break, then start again till the first half of the solution is taken.

Go to bed early.

On \_\_\_\_\_ (day of colonoscopy), wake up at \_\_\_\_\_.

Pour ONE (1) 6 ounce bottle of Suprep liquid into the mixing container. Fill with cool water to the 16 ounce line. Mix well. Drink all the liquid in the container. You must drink TWO (2) more 16 ounce containers of water over the next hour. It is important that you finish this part of the prep in two hours.

**TIPS:** Chill it. Try chilling the glass too. Drink the whole glass quickly, do not sip. Rinse your mouth with cool water between glasses. Drink the solution with a straw. Place some light reading material in the bathroom. Make sure you use soft toilet tissue or pre-moistened bathroom wipes to prevent soreness.

**IF you are not cleaned out, and I can't see the bowel wall, then the procedure will have to be rescheduled for another day. This clean out regimen will have to be repeated.**