



RODNEY C. BIGGS, MD, PC
GENERAL SURGERY

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SUPREP Bowel Prep Kit

Call your physician if you are taking any blood thinners such as Plavix, Eliquis, or Coumadin to make sure these medications can be held for several days prior to your colonoscopy.

To prepare for your colonoscopy, we suggest that you purchase these items:

1. SUPREP Bowel Prep Kit- prescription sent to your pharmacy
2. Clear liquids listed below:
water, ice, popsicles, apple juice, white grape juice, lemonade, sprite, 7-Up, gatorade, powerade, beef, chicken, vegetable broths, Jell-O, Kool-aid, crystal light, coffee (no milk/creamer), tea
3. Baby wipes or moistened wipes
4. Vaseline or A&D ointment to apply after bowel movements

If you are scheduled at the hospital: You will do pre-procedural phone interview 3-5 days before your colonoscopy. Your arrival time will be phoned to you by the surgery department between 3pm-5pm the afternoon before your scheduled procedure.

If you are scheduled at CFSE: You will do pre-procedural phone interview 3-5 days before your colonoscopy. Their scheduler will call you a few days before your procedure to give you your arrival time.

*Medications will be reviewed and you will be instructed which medications will be held versus taken the day of the procedure. Be sure to have all your medications and doses on hand for the interview. Take morning medications with a sip of water up to 2 hours before your colonoscopy.

*Diabetic patients will get special instructions on how to adjust your medications

Side effects may or may not include: nausea, abdominal pain, cramping, bloating, vomiting, thirst, dizziness, and dehydration. If you feel nauseous or vomit, take a 30 minute break, rinse your mouth, and then continue drinking your prep. If you throw up your prep, try your best to drink as much bowel prep as you can tolerate and report for your endoscopy as scheduled. Be sure to alert your doctor that you could not tolerate your entire bowel prep.

On the day of your colonoscopy, your colon must be clean on the inside. An unclean colon can result in your test being rescheduled, missed lesions, increased procedure time, and a potential increase in complication rates.

A prescription for SUPREP will be sent into your pharmacy

Day Before Your Colonoscopy

**You must drink a clear liquid diet for the entire day before your colonoscopy!
No solid foods, no milk products, no juices containing pulp.
Avoid red, pink, or purple colors, as these may look like blood.**

1. Make sure you drink plenty of liquids throughout the day to prevent dehydration
2. Plan ahead so you will have a bathroom readily available. You will not be able to start your prep at work or on the way home from work (although it would give onlookers a good laugh). You may need to get to the toilet right away. You will have multiple bowel movements once the preparation is started. They will become very watery. The bowels are “clear” or clean when there is only pale yellow fluid without flecks of stool.
3. **We suggest using baby wipes or moist wipes to clean the skin around the anal area. Do not flush wipes. You may also coat the anal area with Vaseline or A&D ointment to prevent irritation from the prep.**
4. **Take 1st dose of SUPREP at 7 pm.** Pour the 6 oz. bottle of Suprep liquid into the mixing container. Add cool water to the 16 oz. line and mix. Drink the entire cup within a short period of time. Drink 2 additional 16 oz. cups of water over the next hour.

Day of Your Colonoscopy

1. Take 2nd dose of SUPREP in a similar fashion as noted above.
2. **Begin this 5 hours prior to planned procedure. You must finish drinking the final glass of water at least 3 hours before your procedure.**
3. Take your morning medicines with small sip of water 2 hours before your colonoscopy.
4. You must be **NOTHING BY MOUTH** 2 hours prior to your arrival time

General Guidelines

1. You need to have an adult with you to take you home after the procedure. You will not be able to leave by yourself.
2. You will also not remember talking with me after the procedure. Bring along a trusted friend or family member to discuss the test results. Please be sure to inform me if you do not want these results shared.
3. Expect a total of 2-3 hours for your test and recovery time.
4. You may not work or drive the rest of the day due to sedation given at the time of the procedure. You may return to work the following day as usual.