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Scheduled for: Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Time: \_\_\_\_\_ a.m./p.m.  
**Report to room 209 a half hour before the procedure at: \_\_\_\_\_ am/pm**

### **OFFICE COLONOSCOPY (SuPrep)**

#### **On the day before the test:**

You may only have clear liquids today...**no solid foods**. (Examples: coffee without cream, tea, pop, water, juice, Gatorade, broth from soup, Popsicles, jello) You may have these clear liquids until midnight. You may **not** have liquids that are **red or purple** in color or any **milk/dairy** products.

At 6 P.M start drinking the SuPrep (available through prescription only)

- Pour one 6 ounce bottle of SuPrep liquid into the mixing container
- Add cool drinking water to the 16 ounce line on the container and mix
- Drink all the liquid in the container
- You **must** drink two more 16 ounce containers of water over the next hour.

You may have clear liquids until midnight. After midnight you may have nothing to drink, including no medications (except for blood pressure and heart medications which may be taken up until 7 am the morning of the procedure)

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#### **Date of Procedure:**

- Nothing to eat or drink the day of the procedure starting from midnight, including any medications you may normally take. **NO CHEWING, NO GUM OR CANDY**
- The morning of the procedure you will need to drink the second preparation.
- Start drinking the preparation 5 1/2 hours before your procedure starts. \_\_\_\_\_
- You will drink the preparation the same way you did the night before.
- The preparation **must** be completed at least 4 hours before your procedure.

You will receive IV anesthesia for this procedure; **you may not drive yourself home**. Make sure to make arrangements for a ride home after the colonoscopy. You must be accompanied by a responsible adult over the age of 18. Your driver must be available for pick up 2 hours after arrival time.

Female patients that are not post menopausal (no period in over one year) are required to give a urine sample before the procedure.

**Please abstain from smoking/vaping 24hrs prior to your procedure. No marijuana of any kind 3 days before. Please do not wear jewelry or nail polish/acrylic nails for your procedure.**

It is your responsibility to contact our office regarding any biopsy results. Typically results are available 3-5 business days after the procedure. Please call our office for results or to schedule a follow up office appointment.

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#### **Medications:**

**Blood pressure and heart medications may be taken until 7 am the morning of the procedure. All other medications may be taken up until midnight the day before the procedure.**

**ASPIRIN PRODUCTS must be discontinued 5 days prior to the exam. If you are on blood thinners, please see the handout that has been provided for dosing instructions.**

**A bleeding profile blood test must be performed the day before the procedure if you take Coumadin/Warfarin or if you have a history of liver disease (i.e. Cirrhosis).**

**If you are a diabetic you may not have your evening dose of your diabetes medication on the day before the test and the morning of the test. If you use insulin please contact your PCP regarding modification of dosage. On the exam date check your blood sugar and record here: \_\_\_\_\_**