

PLEASE READ ALL INSTRUCTIONS IN THEIR ENTIRETY IMMEDIATELY. PLEASE ASK IF YOU HAVE ANY QUESTIONS. ALL PREP RELATED QUESTIONS SHOULD BE PHONED INTO 410-332-9356 DURING OFFICE HOURS (8AM-4PM).

The after hours, on-call physicians should be used for medical emergencies only.

SUPREP COLON PREP

PLEASE READ

DATE:	ARRIVAL TIME:	PHYSICIAN:
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<p>Mercy Medical Center</p> <p>Bunting Endoscopy 345 St. Paul Place Baltimore, MD 21202 <i>Take the Bunting elevator down to the 2nd floor.</i></p>	<p>Maryland Endoscopy Center (MEC)</p> <p>100 West Road Suite 115 Towson, MD 21204</p>	<p>Endoscopy Center of North Baltimore (ECNB)</p> <p>1220-C East Joppa Road Suite 508 Towson, MD 21286</p>	<p>Lutherville Endoscopy Center (LEC)</p> <p>1300 Bellona Ave Suite A Lutherville, MD 21093</p>	<p>Anne Arundel Digestive Center</p> <p>8028 Ritchie Hwy #142 Pasadena, MD 21122</p>	<p>Baltimore Washington Hospital</p> <p>301 Hospital Drive Glen Burnie, MD 21061</p>
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If you are taking a blood thinner such as warfarin (Coumadin), clopidogrel (Plavix), rivaroxaben (Xeralto), prasugrel (Effient), dabigatran (Pradaxa), dipyridamole (Persantine), ticlodipine (Ticlid), or any other blood thinner, you must be seen in the office before your procedure and you must consult with the physician who prescribes the medication for you before stopping it. Stopping the blood thinners could have serious consequences such as heart attack or stroke. Your procedure can still be performed while you are taking blood thinners. However, it may not be possible to remove growth such as polyp and it may not be possible to do a biopsy. Therefore, it is sometimes preferable to postpone your procedure until it is safe to temporarily stop these medications.

You must NOT stop aspirin unless specifically told to do so by your physician. You could receive a phone call from the facility where your test is to be done telling you to stop your aspirin. Do not do that unless specifically told to do it by your physician.

Please call your GI physician or your primary physician or your cardiologist if you have any questions. There are also alternative ways to screen for colon cancer in this situation and you should feel free to ask about them.

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PLEASE ARRIVE ON TIME. CONTACT YOUR INSURANCE COMPANY PRIOR TO YOUR PROCEDURE TO DETERMINE IF A SECOND OPINION IS NECESSARY OR IF PRE-CERTIFICATION WILL BE REQUIRED.

PREPARATION:

If you do not have the prescription, please call the office to get one sent to you or your pharmacy. Please have the pharmacy phone number handy.

- Day before your colonoscopy

Breakfast

At breakfast you may have 2 eggs, but nothing else other than the clear liquids after breakfast.

Lunch

Begin a clear liquid diet immediately after breakfast. This includes bouillon (**no vegetables, meats, or noodles**), juices (apple (no pulp)), sprite, coffee or tea (**no milk or cream**). **Avoid red, orange, or purple liquids.** Please drink at least one 8 ounce glass of Gatorade, water, juice or clear soda every 4 hours during waking hours.

After Lunch

After your clear liquid lunch from 1 pm to 3 pm you may have water only. Starting at 3pm or after work, begin the prep.

1. Pour **ONE (1)** 6-ounce bottle of SUPREP liquid into the mixing container.
2. Add cool drinking water to the 16-ounce line on the container and mix.
3. Drink **all** the liquid in the container.
4. You **must** drink two (2) more 16-ounce containers of water over the next 1 hour.

You may then resume clear liquids until you go to bed. If you become nauseated, stop drinking for 20-30 minutes and then start again.

- **Day of your colonoscopy** **Date** _____ **Time if 2nd Dose** _____

Take the 2nd dose of prep 5 hours prior to your procedure. Follow steps 1-4 again. Finish prep within the hour. Do NOT eat or drink anything 4 hours prior to your procedure.

In the morning, **TAKE YOUR HEART AND BLOOD PRESSURE MEDICINES.** Call about any other medications. Do not take your diabetes medicines the morning of the test. We will advise you of what to do after the test.

Stop iron preparations, vitamins, and herbal medicines and fiber preparations for 5 days before the test.

If you have had a heart or blood vessel stent or surgery within the last year, you must be seen in the office before your test. If you have a pacemaker or defibrillator, you must be seen in the office before your test.

This split dose prep works better than the others in many studies and if done according to these instructions, will make for a better and more accurate exam. This means that you can get more time between colonoscopies before the test must be repeated. It is, however, important to follow these instructions exactly for it to work properly.

You should take your usual morning medications the morning of your procedure except for diabetes medications and iron. If you have questions about your medications please call your doctor.

Please call **410-332-9356** with any questions or concerns you may have.

Diet for Colonoscopy Preparation

It is important to drink only clear liquids the **entire day before or 2 days before** your scheduled colonoscopy. The day before the procedure please choose liquids from the following list to help you meet your carbohydrate requirements. **For diabetics please try for 3 meals containing 45 gm of carbohydrates and 3 snacks containing 15 gm of carbohydrates.**

½ c. Apple juice:	15 gm carbohydrates
½ c. White grape juice:	20 gm carbohydrates
1c. Clear soda (Sprite, Ginger ale, etc):	25 gm carbohydrates
½ c. Regular gelatin (lemon or lime):	20 gm carbohydrates
2 Popsicles without fruit (No red, orange, or purple):	20 gm carbohydrates
1 c. Clear sport drinks:	15 gm carbohydrates**
½ c. Italian ice (lemon or lime):	30 gm carbohydrates
1 T. sugar:	15gm carbohydrates

Following foods contain no carbohydrate, but safe to consume:

Water

Consommé broth (Beef or Chicken)

Seltzer

Diet clear soda

Sugar free clear gelatin without fruit (not red, purple or orange) (lemon or lime)

Coffee or tea (No cream or milk. Sugar and lemon are fine)

Please refrain from the following foods:

- Milk and Cream
- Milkshakes
- Tomato juice
- Orange Juice
- Cream Soups
- Any soup other than the listed broth
- Cream of Wheat
- Grapefruit Juice

Example

Breakfast:

½ cup white grape juice (20 gm carbohydrates)

½ cup lemon gelatin (20 gm carbohydrates) ***

Black coffee (0 gm carbohydrates)

Snack:

2 popsicles (20 gm carbohydrates) ***

Seltzer water (0 gm carbohydrates)

Lunch:

½ cup Italian ice (30 gm carbohydrates)

½ apple juice (15 gm carbohydrates)

Consommé/broth (0 gm carbohydrates)

Snack:

1 cup sport drink (15 gm carbohydrates) **

Sugar free clear gelatin (not red, purple or orange) (0 gm carbohydrates) ***

Dinner:

1/2 cup clear gelatin (not red, purple or orange) (20 gm carbohydrates) ***

Consommé/broth (0 gm carbohydrates)

1 c. regular soda (25 gm carbohydrates)

Snack:

2 popsicles (20 gm carbohydrates) ***

Tea with lemon (0 gm carbohydrates)

** Single serving dry sport drink mixes can have 45 gm carbohydrates. Read label!

*** Please do not drink items with red, purple or orange tints as they may interfere with your procedure.