



Frederick Gastroenterology Associates

2-DAY PREPARATION FOR COLONOSCOPY

- √ You should already have discontinued Phentermine (2 weeks before procedure).
- √ Iron, vitamins, and herbal supplements must be discontinued for 5 days before your procedure unless otherwise directed by your physician.
- √ Please avoid raw vegetables, fiber supplements, corn, nuts and seeds for 3 days before the procedure.
- √ Take other medications with a small amount of water the morning of your procedure
- √ Please contact our office if you are on Coumadin and do not have specific directions for stopping this medication before your procedure.

****SUPPLIES TO BE PURCHASED AT THE PHARMACY:**

- 1) Prescription SUPREP Bowel Prep Kit. (Ignore package directions; only use THESE instructions for your preparation!)
- 2) Two (2) Dulcolax 5 mg. tablets (or generic Bisacodyl, NOT Dulcolax stool softener or suppository)
- 3) Vaseline or Desitin ointment
- 4) One disposable plain Fleet enema (saline only/no mineral oil)

2 DAYS BEFORE PROCEDURE:

- 1) You may have a normal breakfast prior to 9:00 a.m.
- 2) 9:00 a.m.: Start Full Liquid Diet (attached) after breakfast
- 3) To prevent irritation, generously apply either Vaseline or Desitin ointment to the peri-anal area.
- 4) 3:00 p.m.: Take 1 Dulcolax tablet with an 8 oz. glass of water.
- 5) 6:00 p.m.: Take the other Dulcolax tablet with another 8 oz. glass of water.
- 6) Remain on Full Liquid Diet until 7:00 a.m. tomorrow when clear liquid diet begins.

1 DAY BEFORE YOUR PROCEDURE:

- 1) 7:00 a.m. Switch to the Clear Liquid Diet (attached).
- 2) 6:00 p.m. Empty one bottle of SUPREP into the clear container provided. Fill it to the 16 oz. fill line with water, pulp free lemonade, Sprite or Ginger ale. Drink this over the next 30 minutes. You may use a straw, hold your nose, chase the medicine with another clear liquid or bite on a lemon if you do not like the taste of the prep. If you feel nauseous take a 10 minute break. The goal is to keep your prep down. Once finished you must consume 2 more 16 oz cups of clear liquid.

Continue drinking clear liquids until midnight. You may have water and apple juice until 4 (four) hours before your procedure. **NOTHING BY MOUTH FOR FOUR HOURS PRIOR TO PROCEDURE!**

DAY OF THE PROCEDURE:

*****5 HOURS PRIOR TO YOUR PROCEDURE TIME:** _____ (enter time here) empty the remaining bottle of SUPREP into the clear container provided. Fill it to the 16 oz. fill line with water, pulp free lemonade, Sprite or Ginger ale. Drink this over the next 30 minutes. You may use a straw, hold your nose, chase the medicine with another clear liquid or bite on a lemon if you do not like the taste of the prep. If you feel nauseous take a 10 minute break. The goal is to keep your prep down. Once finished you must consume 2 more 16 oz. cups of clear liquid. **If your bowel movements are not clear within 4 hours of the time to report for your colonoscopy, please use the Fleet enema to rinse out any remaining stool.

YOU MUST COMPLETE YOUR PREP 4 HOURS PRIOR TO YOUR PROCEDURE and have nothing to drink after that or your procedure may be delayed or cancelled.

Report to the facility at your scheduled arrival time.

DIABETIC PATIENTS:

- Patients on Lantus or Levemir remain on your normal dose throughout prep and procedure.
- Patients on NPH and regular insulin should remain on regular dose on the day before (prep day), but reduce their usual dose by 20% the morning of the procedure.
- Patients on oral diabetic medications **DO NOT TAKE** oral diabetic medications on the day of your procedure.
- If you have an insulin pump or have any other questions about your diabetic medications, please call your primary care physician or your endocrinologist.

Revised: 10/17