



WHAT TO DO BEFORE YOU HAVE A COLONOSCOPY

SUPREP INSTRUCTIONS STEP-BY-STEP

You will need to buy/pickup:

- SUPREP laxative solution from your pharmacy.
- Items for a clear liquid diet as described

WHEN	WHAT YOU NEED TO DO	DETAILS
At least 7 days before your procedure	<ul style="list-style-type: none"> • Watch the online Colonoscopy Class video (<i>optional</i>) 	<ul style="list-style-type: none"> • Log onto lluh.org/giprep • Click the Colonoscopy Video link
	<ul style="list-style-type: none"> • Arrange for someone to drive you to and from your procedure (Required for sedation) • Check which medicines you may need to stop especially if you are taking any blood thinning medications like Coumadin, Plavix, Lovenox. 	<ul style="list-style-type: none"> • The person who is escorting and driving you must stay in the building during the entire length of your procedure. Public transportation (taxis, buses, Uber/Lyft), non-medical transport, or walking home is not allowed without a chaperone. • If you have diabetes, see the link <i>Colonoscopy: frequently asked questions.</i>
2 Days before your procedure		
During the day	<ul style="list-style-type: none"> • You can continue to eat as you normally would, but try to avoid food that are high in fiber 	<ul style="list-style-type: none"> • Examples of high fiber foods: salads, green vegetables, brown rice, whole grain bread, brown pasta, beans, seeds, and nuts.
At dinner	<ul style="list-style-type: none"> • This dinner will be the last time you are able to eat solid food before your procedure. 	<ul style="list-style-type: none"> • Eat a small dinner by 9 p.m.
1 Day before your procedure		
During the day	<ul style="list-style-type: none"> • When you wake up, start drinking ONLY clear liquids • Drink 8 ounces of clear liquid for every hour that you are awake 	<ul style="list-style-type: none"> • Do NOT eat any food • Do NOT drink alcohol • See the link: <i>Clear Liquid Diet</i>
6 p.m. – Take 1 st dose	<ul style="list-style-type: none"> • Pour 1-6oz bottle of SUPREP into the disposable container. • Add water to the fill line and mix. • Drink ALL the liquid in the container. • Drink 32 oz. of water or the clear liquid of your choice over the next 1 hour. 	<ul style="list-style-type: none"> • You can mix the solution ahead of time and refrigerate prior to drinking. Solution should be used within 24 hours. • Drinking the extra 32 oz. of clear liquids after the SUPREP solution is necessary to ensure adequate hydration and an effective prep. • If you feel bloated or nauseated, increase the time interval between glasses by 5-10 minutes.
Evening	<ul style="list-style-type: none"> • Continue to only drink clear liquids until bedtime 	<ul style="list-style-type: none"> • You may need to use the bathroom during the night



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SUPREP INSTRUCTIONS STEP-BY-STEP

WHEN	WHAT YOU NEED TO DO	DETAILS
Day of your procedure		
In the morning – Take 2nd Dose	<ul style="list-style-type: none"> For the 2nd dose, repeat the same steps by mixing the 2nd bottle of SUPREP with water in the disposable container. Remember to drink an additional 32 oz. of clear liquids after the prep solution to ensure an effective prep. You can take your allowed medication on the day of your procedure with small sips of water You must stop drinking ALL liquids including the prep solution at least 3 hours prior to your procedure 	<ul style="list-style-type: none"> The 2nd dose of prep and the additional 32 oz. of clear liquids should take about 1-2 hours to drink. You must finish this at least 3 hours prior to your procedure. You cannot drink ANYTHING within 3 hours of your procedure

How do I know if my prep is working?

Look at these examples of stool colors. You want your stool to be clear.

- After drinking all of your prep, your bowel movements should be all liquid yellow and clear like picture #4 or #5. If so, you are ready and good to go!
- However, if your bowel movements are still solid or look like pictures #1, #2, or #3, you are probably not prepped adequately enough and will need to cancel your procedure.





COLONOSCOPY: FREQUENTLY ASKED QUESTIONS

Do I need to drink all of the bowel prep solution?

Yes. In order to properly see the lining of the colon, the colon must be completely clean. A colon that is not properly cleaned may make it hard to find colon polyps and colon cancer. This may lead to incomplete exams, missed polyps and a need to repeat the exam at an earlier time. Finishing the prep solution is the most important step you can take to ensure a successful exam.

What are the side effects of the bowel prep?

The bowel prep is meant to cause diarrhea. This will usually start within a few hours after you begin drinking your prep solution. Plan to be at home and near a bathroom. Some people have bloating, nausea and abdominal discomfort. This is normal. Do not be alarmed if you have these symptoms.

What if I don't like the taste of the prep?

If you do not like the taste, try adding a powdered flavoring to the solution like Crystal Light, Lemonade, or Gatorade. Avoid red or purple-colored flavoring.

If you experience nausea, take a short break from drinking the prep. You may also try drinking something warm such as tea. The warmth can sometimes settle the stomach. As soon as the nausea goes away, continue to drink clear liquids to prevent cramping. Also when you restart the drinking process, try drinking the prep more slowly.

You can also try to drink the prep solution through a straw. Then rinse your mouth out with water right away to limit the unpleasant taste some will have.

If I am already having diarrhea, do I still have to drink all of the prep?

Yes, you must drink ALL of the prep as directed. Your colon is about 5 feet long. The entire colon must be emptied by drinking the prescribed prep solution in order for your Gastroenterologist to be able to perform a high quality colonoscopy.

I see yellow color in the toilet bowl and a few flecks, what do I do?

If your last bowel movements were clear enough that you were able to see the bottom of the toilet you should be fine. You must, however, continue to drink ALL of the prep solution. It is ok if you have some flecks of material. The yellow color is a result of the bile that normally colors the feces. This shouldn't interfere with the exam.

My prep has not started to work yet. Is that OK?

Everyone has a different response to the bowel prep solution. Some people start having diarrhea within an hour of drinking the solution. Others have no response for a few hours. Be patient and continue with drinking the prep as instructed.



COLONOSCOPY: FREQUENTLY ASKED QUESTIONS

Why can't I drive myself home after the procedure?

You will be given medicine that will make you sleepy for your procedure. This medicine impacts your judgment and reflexes. And for medical and legal reasons, you may not drive yourself home after your procedure.

Who can accompany me to my appointment?

The person who is escorting and driving you must be a responsible adult over the age of 18. This can be a family member, friend, or caregiver.

Can I take a taxi, bus, or walk home by myself?

No. Public transportation (taxis, buses, Uber/Lyft), non-medical transport, or walking home is not allowed without a chaperone.

Which medicines should I stop taking before my procedure?

ALL blood thinners. Consult with your doctor about when to stop Coumadin (usually 7 days), (Pradaxa usually 48 hours), clopidogrel (Plavix usually 5 days)

Which medicines am I allowed to take?

- Tylenol is OK to continue taking
- You do NOT need to stop your daily aspirin, as it is safe to perform endoscopic procedures while taking aspirin.
- It is safe to perform endoscopic procedures while using anti-inflammatory medicines such as ibuprofen (Motrin, Advil) and naproxen (Aleve). We do recommend you try and limit their use (if possible) within 7 days before the procedure.

Which medicines should I take on the day of my colonoscopy?

Continue to take any heart, blood pressure, asthma, anxiety, and seizure medicines on the day of your procedure. If you take blood pressure medicine you should take it on the day of your test with a small sip of water at least 3 hours before your test.

What if I take diabetes medicine?

It is important you check your blood sugar often on the day before and the day of your procedure. Since you will be on clear liquids, your blood sugar will tend to drop faster than normal. This can be avoided by including some fluids with regular sugar in your diet. If you feel like you have symptoms, treat with sugar or glucose tablets.

Diabetic medicines: On the DAY BEFORE your procedure:

- You may take the full dose of any oral diabetic medicines.
- Take ½ (half) of the usual dose of any long acting insulin.
- Check your blood sugar often throughout the day.

Diabetic medicines: On the DAY OF your procedure:

- Do not take ANY diabetic medicines, including both insulin and oral medicines.
- Check your blood sugar in the morning, and prior to traveling to the endoscopy lab.

What do I need to remember on the morning of my appointment?

- Finish the remainder of the prep solution **at least 3 hours before your arrival time.**
- Do not wear any jewelry and do not bring valuables with you.
- Your driver must be a responsible adult who must stay in the building during the entire length of the procedure (approx. 2 hours).

How long will the test take?

Colonoscopy takes about 30 minutes to complete. However, please plan to spend about 2 hours at the endoscopy lab.

Can I drink alcoholic beverages?

Avoid drinking alcohol for several days prior to your scheduled procedure since alcohol can cause dehydration and thin your blood.



COLONOSCOPY: FREQUENTLY ASKED QUESTIONS

Can I chew gum or suck candy? Brush my teeth? Wear my dentures?

Yes, you may chew gum but avoid those with soft centers or red or purple coloring. Yes, you may brush your teeth. Yes, you may wear your dentures to the endoscopy lab. However, you may be asked to remove them before the procedure.

Can I have the colonoscopy done if I am having my menstrual period?

Yes, the procedure can still be performed. We ask that you use a tampon if possible.

Will I need antibiotics?

If you have a prosthetic heart valve or had a previous joint replacement, the latest recommendations from the Gastrointestinal and Cardiovascular societies do not recommend the use of antibiotics for routine colonoscopy regardless of prosthetic devices. If you are a patient receiving peritoneal dialysis, please ask your doctor if you should receive antibiotics before a colonoscopy.

When will I get the results of my colonoscopy?

You will be given verbal and written instructions immediately after your procedure. If biopsies are taken or if polyps are removed, it may take up to two (2) weeks for the pathologist to process and review these specimens. You will then receive your results either by email, letter or by phone. Please do not call or email for results until after 2 weeks has passed.

Where can I have my procedure?

Loma Linda University Health offers 2 locations that you can have your colonoscopy performed at.

Loma Linda University Medical Center

11234 Anderson Street
Loma Linda, CA 92354
GI Lab is on the Lobby Level – Suite 1405

Mountain View Surgery Center

10408 Industrial Circle
Redlands, CA 92374

How do I schedule my procedure?

If you want your procedure done at the Loma Linda Medical Center please call: (909) 558-4668, option 2 (scheduling)

If your doctor says you are a healthy individual with no pre-existing medical conditions, you may also have your procedures done at Mountain View Surgery Center. Please call (909) 558-2850 to schedule.

I have more questions, who do I call?

For procedures scheduled at **Loma Linda Medical Center**, please call (909) 558-4668, option 4.

For procedures scheduled at **Mountain View Surgery Center**, please call (909) 796-7803, option 2.

