

# ENDOSCOPY CENTER

Grand Health Partners  
2060 East Paris Avenue  
Suite 100  
Grand Rapids, MI 49546

## Colonoscopy

### Your Appointment

\_\_\_\_\_  
Name

Has an appointment with GHP Endoscopy Center for a Colonoscopy on:

\_\_\_\_\_  
(Day and Date)

Arrival Time: \_\_\_\_\_ am/pm Procedure Time: \_\_\_\_\_ am/pm

**Attached are your Procedure Prep Instructions**

**Please follow the instructions carefully  
& call us if you have any questions at  
616-956-6100 Option 2**

# Preparing for your Colonoscopy Procedure

## Patient Education

Welcome to the Grand Health Partners Endoscopy Center! Thank you for the opportunity to take part in your care and we wish to provide you with an excellent experience for your colonoscopy. In order for us to perform a high quality exam, it is very important that your colon be adequately clean. Please read through all the instructions at least 7 days in advance of your scheduled procedure.

### What is a Colonoscopy?

A colonoscopy is a test that allows your doctor to look at the inner lining of your large intestine. A colonoscopy helps find ulcers, colon polyps, tumors, and areas of inflammation or bleeding. During a colonoscopy, tissue samples may be collected and abnormal growths removed. A colonoscopy can also be used as a screening test to check for cancerous or pre-cancerous growths in the colon or rectum.

### Important Reminders

- Please arrive **60 minutes** prior to your procedure
- You must have a driver and they need to stay with you for the entire visit or the procedure cannot be performed. You **CANNOT** take a cab or Uber driver home.
- Arrange for a responsible adult to remain with you, at home, for 12 hours after your procedure
- The procedure can take anywhere from 30-60 minutes to complete
- If you are of child-bearing age, you will be asked to give a urine sample for a pregnancy test
- You may return to work the following day

### For Your Safety, Please Tell Us If

- You are taking any blood thinners such as Coumadin, Warfarin, Aspirin, Plavix, Clopidogrel, Brilinta, Effient, Arixtra, Savaysa, Pradaxa, Xarelto, Eliquis, Imbruvica or any others.
- You are taking any anti-inflammatory drugs such as Ibuprofen, Motrin, Aleve, naproxen – please stop taking these 2 days prior to your procedure.
- You have Atrial Fibrillation (A-Fib), an Artificial Heart Valve or Kidney Disease.

### SUPREP Bowel Prep Kit

- SUPREP Bowel Prep Kit is indicated for cleansing of the colon as a preparation for colonoscopy.
- Be sure to tell your physician about all the medications you take, including prescription and non-prescription medications, vitamins, and herbal supplements.
- Medications taken by mouth may not be absorbed properly when taken within 1 hour before the start of each dose of SUPREP Bowel Prep Kit.
- The most common side effects after taking SUPREP Bowel Prep Kit are: abdominal distention and discomfort, abdominal pain, nausea, vomiting, and headache.

# Preparation

## 5 days before your procedure

- Decrease the fiber in your diet. This will help to reduce the dietary residue in your colon and facilitate the cleansing process. (See Low Fiber Foods Handout on Page 5)
- Pick up SUPREP at your pharmacy (this is a prescription sent into your pharmacy)
- Buy 4 Dulcolax 5mg tablets (Laxative – not stool softener, over the counter)
- Buy 4 gas tablets (Simethicone, Gas-X, Mylanta Gas, over the counter)

## 1 day before your procedure

- **DO NOT** drink milk.
- **DO NOT** eat or drink anything colored red, blue, or purple.
- **DO NOT** drink alcoholic beverages.
- Take all routine medicine, unless you have been told otherwise.

### At 12:00pm (noon)

- Start a clear liquid diet after 12:00pm (noon)
- Clear liquids include: water, tea, coffee (no cream or sugar), carbonated drinks, Jell-O, clear broth, bouillon, apple juice, Crystal Light, Propel or Gatorade.
- You may drink protein drinks up until 3:00pm.

### At 5:00pm

- Take four (4) Dulcolax Tablets.

### At 6:00pm

- Complete the SUPREP Bowel Prep
  1. Pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container.
  2. Add cool water to the 16-ounce line on the container and mix.
  3. NOTE: Dilute the solution concentrate as directed prior to use.
  4. Drink ALL the liquid in the container.
  5. You must drink two (2) more 16-ounce containers of clear liquids over the next 1-hour.
    - You will pass many stools and there is a chance you may have some stomach cramping and bloating during this time. You may use petroleum jelly for rectal soreness.
    - If you vomit, stop drinking for 30 minutes, then continue every 15 minutes.
    - After you're done drinking the SUPREP, you will continue with a clear liquid diet.
    - DO NOT EAT ANY SOLID FOOD

### At 9:00pm

- Take 2 gas tablets with 8oz of clear liquid.
- DO NOT TAKE WITH FOOD AS PHARMACY INSTRUCTIONS STATE.

### At 10:00pm

- Take 2 gas tablets with 8oz of clear liquid.

- DO NOT TAKE WITH FOOD AS PHARMACY INSTRUCTIONS STATE.

### **The Day of your procedure**

#### **4 hours before your arrival time**

- Complete the SUPREP Bowel Prep
  1. Pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container.
  2. Add cool water to the 16-ounce line on the container and mix.
  3. NOTE: Dilute the solution concentrate as directed prior to use.
  4. Drink ALL the liquid in the container.
  5. You must drink two (2) more 16-ounce containers of clear liquids over the next 1-hour.
    - You will pass many stools and there is a chance you may have some stomach cramping and bloating during this time. You may use petroleum jelly for rectal soreness.
    - If you vomit, stop drinking for 30 minutes, then continue every 15 minutes.
    - After you're done drinking the SUPREP, you will continue with a clear liquid diet.
- DO NOT EAT ANY SOLID FOOD
- You may continue the clear liquid diet until 3 hours before your colonoscopy.
- If you take a beta-blocker (metoprolol, atenolol, carvedilol), take it with a sip of water.
- DO NOT take your other oral medications on the morning of your procedure.

#### **3 hours before your appointment time**

- Less than 3 hours before your colonoscopy, DO NOT EAT OR DRINK ANYTHING

## Questions?

If you have any questions about your colonoscopy, the SUPREP instructions, and/or medications you are taking prior to this procedure, please call us at 616-956-6100 Option #2 (Nurse Line), between 8:00am – 4:30pm, Monday through Friday.

If you need to cancel or reschedule your procedure, please call us 48 hours in advance of your scheduled test. If you do not contact us to cancel or reschedule, you may be charged a \$50 fee.

# Low Fiber Diet Recommendations for Colonoscopy Preparation

**5 days before your procedure**

## **OKAY to Eat**

- Breads and grains made with refined white flour
- White rice
- Plain crackers
- Low fiber cereal
- Chicken, turkey, fish, pork, veal, beef, eggs
- Creamy peanut butter
- Soups – cream or broth based
- Liquid protein drinks
- Canned or cooked vegetables without skin or peels
- Fruit without skin or peels

## **Avoid these foods**

- Whole grain or high fiber cereal (includes granola, bran, oatmeal)
- Brown or wild rice
- Breakfast cereal with nuts or seeds
- Tough meat with gristle
- Chunky peanut butter
- Chili, bean, pea, or lentil soups
- Popcorn
- Yogurt mixed with nuts, seeds, granola
- Raw skins, seeds, peels, or certain vegetables (corn, tomatoes, peas, lettuce)
- Raw fruit with seeds, skin, or membranes
- Raisins or other dried fruits
- Nuts and seeds including peanuts, almonds, walnuts, and sunflower seeds