

In order for the doctor to perform a colonoscopy, a bowel “cleanout” must be completed prior to the procedure. A bowel cleanout is a combination of a clear liquid diet and oral laxatives. The doctors prefer using NuLYTELY/GoLYTELY, it is the most safe and effective laxative for better visual results. There are 3 other options to bowel cleansing solutions, which are MiraLAX (non prescription), SUPREP, and HalfLyte. If you have a reason to refuse the split dose NuLYTELY/GoLYTELY prep, then these 3 other options are available. However, they may not clean the colon as well and have not been as well tested for safety.

SUPREP Bowel Prep for Colonoscopy

You have been scheduled for a colonoscopy with Northern NM Gastroenterology Associates. Please follow these instructions to prepare for your colonoscopy.

Due to sedation, you MUST have a driver. Your driver is required to remain at the facility and to drive you home after your procedure. Public transportation and “drop off/pick up” is not allowed. Due to the sedation, you may not remember what your doctor tells you after the procedure, if this happens, please call our office at 505-983-5631 for an explanation of your results. If a biopsy is taken, it will take 5 to 7 working days for the doctor to get the biopsy report.

Please fill the prescription mailed or given to you and read all the instructions ahead of time so you can be adequately prepared for this procedure.

**IF YOU MUST CANCEL THIS APPOINTMENT, PLEASE PROVIDE
ADVANCED NOTICE OF AT LEAST THREE (3) WORKING DAYS.
FAILURE TO DO SO MAY RESULT IN A \$100.00 CHARGE TO YOU.**

FIVE DAYS PRIOR TO YOUR EXAM

- Avoid foods with nuts or small seeds

ON THE DAY BEFORE YOUR PROCEDURE

- You may have a light breakfast or have clear liquids ONLY; nothing for lunch or dinner
- DO NOT drink milk
- DO NOT eat or drink anything red, purple, or blue
- DO NOT DRINK ALCOHOLIC BEVERAGES

You may have clear liquids from the following list:

*Chicken, beef, or vegetable broth, apple juice, soft drinks, Gatorade, coffee, tea, iced tea, iced coffee (no cream, milk, soy, rice, or additives may be used), water, jello, popsicles ***NONE OF THESE MAY BE RED, BLUE, OR PURPLE

SPLIT DOSE (2 DAY) REGIMEN (both 6oz bottles are required for a complete prep)

- **On the evening before your procedure (or when your doctor tells you to begin) complete steps 1 through 4 (see below) using one 6oz bottle before going to bed**
- **On the morning of your procedure, repeat steps 1 through 4 (see below) using the other 6oz bottle, 3 HOURS BEFORE YOUR ARRIVAL TIME**

STEP 1- Pour ONE 6oz bottle of SUPREP liquid into the mixing container

STEP 2-Add cool drinking water to the 16oz line on the container and mix

STEP 3-Drink ALL the liquid in the container

STEP 4-You MUST drink two or more 16oz containers of water over the next hour

MEDICATIONS

- **Blood thinning medications** (such as Coumadin, Warfarin, Plavix, Lovenox, etc) may need to be discontinued prior to your procedure. **Please contact your prescribing physician for instructions in advance**; you may need to be off these drugs up to 10 days prior to your procedure. Ticlid & Plavix users you have the option of waiting until treatment is completed if you are scheduled for a screening colonoscopy. Otherwise, antiplatelet agents should be continued although they will increase risk of bleeding if biopsies are done
- **Unless prescribed by your physician**, please avoid the following medicines if possible: aspirin, aspirin products (e.g. Alka-Seltzer, BC powder, etc) or non-steroidal anti-inflammatory drugs (e.g. ibuprofen, Nuprin, Advil, Aleve, Motrin, etc) for 5 days prior to your appointment
- **Continue to take your other prescribed medications (e.g. blood pressure pills) as usual.** If you have any questions about your medications, call your prescribing physician. Take AM doses the day of the exam after you finish your prep
- **Diabetic patients**, if you take an oral hypoglycemic (“sugar pill”) **do not take it the day of your procedure.** If you are taking **insulin**, you should only take **half (1/2) of your usual scheduled insulin dose the night before.** **On the day of your procedure wait until you eat after the procedure to take your usual AM dose**