

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**