



# COLONOSCOPY PREP INSTRUCTIONS



## Dr. Ingle's 1-Day Clear Liquids & SUPREP Instructions

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*Phone: (907) 276-2811*



## Please call the office if:

- ⊘ You had a heart attack in the last year
- ⊘ You have any heart or blood vessel (vascular) stents
- ⊘ You had a blood clot in the last year
- ⊘ You recently had a medical procedure done
- ⊘ You are on an anticoagulant (blood thinner) such as the following, or similar: Plavix (Clopidogrel), Coumadin (Warfarin) Lovenox (Enoxaparin), Eliquis, Xarelto, or Pradaxa

## 7 Days before the procedure stop taking or eating the following:

- Products containing iron, including iron supplements and multivitamins with iron
- Food with seeds; nuts, popcorn, etc.
- Aspirin or products with aspirin, however, you may continue taking Tylenol or Acetaminophen if needed
- All leafy green vegetables (spinach, kale, cabbage, lettuce, etc.)
- All GLP-1 agonist medications such as Ozempic, Rybelsus, Trulicity, Mounjaro, etc. If you take this medication for diabetes, please contact your managing provider for guidance on preventing hyperglycemia.

## 5 Days before the procedure stop taking or eating the following:

- Herbal supplements (like garlic, ginger, ginseng, etc.)
- NSAIDS (these include but are not limited to: Ibuprofen, Advil, Motrin, Naproxen, Aleve, etc.) you may continue taking Tylenol or Acetaminophen when necessary

**Here's a tip!** If you aren't sure if the medications you're taking are included in these lists, reach out to the Internal Medicine office at (907)-276-2811. Your doctor's staff can help you determine if the medications are included and whether you need to stop taking them.



**Purchase these items from any grocery store or pharmacy:**

Please note: you will need a prescription for SUPREP

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SUPREP Bowel Prep Kit



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Please ensure your kit contains: one (1) 16oz drinking container, and two (2) 6oz bottles of SUPREP bowel prep.

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Please also purchase or ensure you have enough clear drinking water on hand. You will need at least 96 ounces (12 cups).



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**GOAL OF PREP:** is a clean colon with NO visible stool. The camera cannot see through stool. You will get diarrhea with this preparation.

# 1 DAYS BEFORE Your Procedure

## STOP EATING ALL SOLID FOODS

You may only have clear liquids starting when you get out of bed in the morning. Please refer to the following guidelines.

### Clear Liquid Guidelines

Anything you can see through is okay to eat or drink, as long as it has no particles. Food/drink that are okay include:

- Black coffee (no espresso, cream, or dairy)
- 7-up, Sprite, Ginger Ale
- Apple juice or **white** grape juice (NO red or purple grape juice)
- Chicken or beef broth – no cream or dairy soups
- JELLO – any flavor
- Popsicles – any clear liquid flavors (NO yogurt or fruit bars)
- Gatorade – any flavor
- Water (this can include Propel, Vitamin Water, or coconut water, but it must be clear with no particles)



# 1 DAY BEFORE Your Procedure

1. At 5:00 PM pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container. Then add cool drinking water up to the 16-ounce line & mix. Drink ALL the liquid inside the container.

Note: Be sure to dilute the SUPREP liquid as described before you drink it.



2. You must drink two (2) more 16-ounce containers of water over the next hour.



3. Continue the clear liquid diet until 11:59 PM

**Here's a tip!** As you drink the liquid you may feel the need to use the bathroom or become nauseous. It is a good idea to stay near a bathroom while drinking the prep mixture.

If you vomit, try slowing how fast you drink your prep. If your vomiting is excessive, please contact Internal Medicine Associates immediately.



## On THE DAY OF Your Procedure

- Six (6) hours before your procedure take your 2<sup>nd</sup> dose of SUPREP. Prepare the mixture in the same way as your 1<sup>st</sup> dose, followed by two (2) more 16-ounce containers of water (within one hour). Then **nothing by mouth** until after your procedure. Nothing by mouth means nothing in your mouth, including: **water, gum, hard candy, toothpicks, cigarettes, tobacco, and vapes**. Your prep should be completed. Please be sure to finish this prep 4 hours before your procedure. Your stool should be yellow and clear, and you should be able to see the bottom of your toilet (please reference the chart below).
- ONLY necessary, regularly prescribed medications (i.e., Blood pressure and heart medications) may be taken the morning of your procedure with the **smallest amount of water possible**. No later than 4 hours prior to your procedure start time (If you are a diabetic patient or are unsure if your medications can be taken that morning, please confirm with your physician)



### Please Note:

- You must have a driver over the age of 18 who will drive (or escort) you home after your procedure.
- You should not work, drive, or make any major decisions for up to 12 hours after the procedure.
- For your safety you cannot be released to a taxicab, bus, Lyft, Uber, or any other form of public transportation by yourself.
- To avoid cancellation, please ensure you have a reliable driver arranged prior to your procedure date.

**FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULTS IN A CANCELLATION OF YOUR PROCEDURE AS WELL AS A \$250 FEE**