



COLONOSCOPY PREP INSTRUCTIONS



Dr. Ingle's 2-Day Clear Liquids & SUPREP Instructions

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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

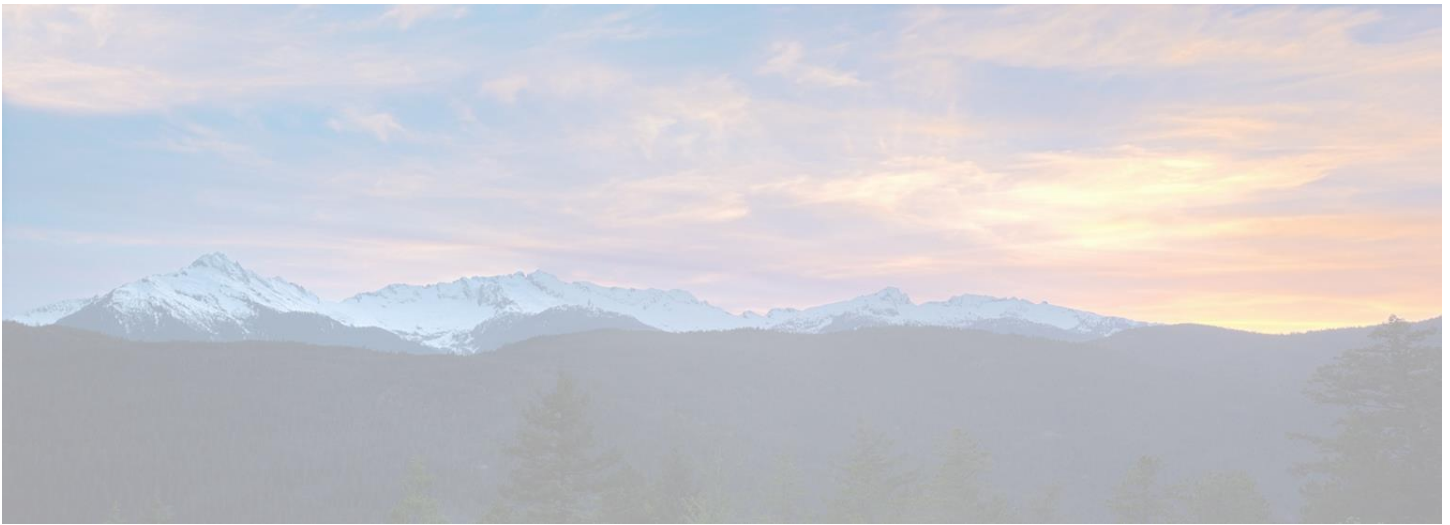
7 Days before the procedure stop taking or eating the following:

- 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

SUPREP Bowel Prep Kit



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

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



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

2 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

Starting when you wake up, continue to follow the liquid diet from Day 2, then:

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 2nd dose of SUPREP. Prepare the mixture in the same way as your 1st 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