



Birns, Gloger, Witten & Bhinder, MD

Patient Name: _____

INSTRUCTIONS FOR COLONOSCOPY SUPREP

Date: _____ Time of Procedure: _____

Arrival Time: _____ with Dr. _____

- Location: _____ **Urbana GI Endoscopy Center** – Phone # 240-436-6440
3280 Urbana Pike # 104 Ijamsville, MD 21754
- _____ **GIEA** – Phone # 301-340-8099
15005 Shady Grove Rd # 200 Rockville, MD 20850
- _____ **Shady Grove Hospital, Outpatient**–Phone # 240-826-7541
9701 Medical Center Dr Rockville, MD 20850
- _____ **Frederick Memorial Hospital, Outpatient** Phone # 240-566-3300
400 W 7th St, Frederick, MD 21701

You must have someone drive you home. If you plan to take a taxi home, you must have someone accompany you. You will be ready to be discharged about ½ to 1 hour after your procedure is complete.

Please leave all valuables and jewelry at home.

Please remember we require 72 hours notice for cancellations or rescheduled appointments. If you fail to give 72 hours notice you may be charged a cancellation fee.

ONE WEEK BEFORE THE PROCEDURE

Please stop the use of Aspirin or Aspirin products if a doctor has not prescribed them for you. Nonsteroidal products such as Ibuprofen, Relafen, Voltaren, Indocin, Celebrex, and Advil should be used sparingly. In addition Coumadin (warfarin), Persantine (dipyridamole), Pradaxa or Aggrenox should be held for 3 days prior to the procedure. In terms of stopping any of these prescriptions, please consult with the prescribing doctor about your ability to safely hold these medications for the requested time periods. You may take Tylenol as necessary.

YOU WILL NEED

- 1 Suprep Bowel Prep Kit (Prescription)
- 8 – 5 mg Dulcolax laxative tablets (generic name bisacodyl)

5 DAYS PRIOR TO THE PROCEDURE

Stop eating high fiber foods and fiber supplements (including nuts, corn, popcorn, raw fruits, vegetables and bran)

DAY BEFORE THE PROCEDURE

You must be on a **clear liquid diet** the entire day before your procedure (**no solid foods**)

If your procedure is scheduled after 11:00 am – You may have a light breakfast or have clear liquids only; please have nothing to eat for lunch or dinner.

DO NOT drink milk

DO NOT eat or drink anything colored red or purple

DO NOT drink alcoholic beverages

Any of the following clear liquids are OK

Water

Strained fruit juices (without pulp) including apple, orange, white grape, or white cranberry

Limeade or Lemonade

Coffee or Tea (DO NOT use any dairy or non-dairy creamer)

Clear broth (beef, chicken, or vegetable) with or without salt or pepper

Soda or Gatorade, PowerAde, or Vitamin Water type products

Crystal Light

THIS IS A SPLIT DOSE PREP WHICH REQUIRES LAXATIVES THE DAY BEFORE AND THE MORNING OF THE PROCEDURE

This is the laxative dosing regimen you must follow day before the procedure.

These directions can also be followed directly from the box.

STEP 1 4:00 pm	Pour one (1) 6 oz. bottle of SUPREP liquid into the mixing container Take 4 Dulcolax laxative tablets
STEP 2	Add cool drinking water to the 16 oz.- line on the container and mix
STEP 3	Drink ALL the liquid in the container
STEP 4	You must drink two (2) more 16 oz. containers of water over the next 1 hour

This is the laxative dosing regimen you must follow the morning of the procedure

6 hour prior to your procedure at _____am	Repeat steps 1 through 4 using the other 6 – oz. bottle and the remaining Dulcolax laxative tablets
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The purpose of this prep is to clean your colon. Your bowels should run clear.

*We recommend coating the rectal area with **VASELINE** to protect the skin from chaffing during your prep

*****You must be totally fasting 4 hours before the procedure. This means you may have nothing to eat, drink, smoke, or chew 4 hours prior to the procedure.**

To avoid the risk of a delay or a cancelled procedure, please be very careful to not eat, drink smoke or chew during this 4 hour time frame.

If any problems or questions arise, please call our office at 301-251-1244 option 3 during normal business hours.

Revised 2015- SP

