



## Birns, Gloger, Witten & Bhinder, MD

Patient Name: \_\_\_\_\_

### INSTRUCTIONS FOR COLONOSCOPY SUPREP

Date: \_\_\_\_\_ Time of Procedure: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

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  
9901 Medical Center Dr Rockville, MD 20850

**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 refrain from wearing cologne, perfume or lotions.**

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**

There are some medications to be held prior to your procedure.

- **Aspirin or Aspirin products** (including Excedrin) should be held for 1 week prior to the procedure. If prescribed by a physician, consult with that doctor first about your ability to safely hold these medications.
- **NSAIDS (Nonsteroidal Anti-Inflammatory Drugs)** such as Advil, Motrin, Aleve, etc. should be held for 3 days prior to the procedure.
- **Prescribed NSAIDS** (Voltaren, Relafen, Celebrex, Indocin, etc) should be discussed with your prescribing physician to see if you can safely hold for 3 days prior to procedure.
- **Blood Thinners** (Coumadin, Plavix, Persantine, Pradaxa, Xarelto, Aggrenox, etc.) should be discussed with your prescribing physician to see if you can safely hold for 3 days prior to procedure.
- All diabetic patients taking **insulin/oral hypoglycemic medications** should contact a nurse in regards to holding these medications prior to the procedure. You can reach an RN at the number above.

**YOU WILL NEED TO PURCHASE THE FOLLOWING:**

1. 1 Suprep Bowel Prep Kit (Prescription)
2. 8 (5 mg) dulcolax laxative tablets (generic name bisacodyl)

**5 DAYS PRIOR TO THE PROCEDURE**

Stop eating fiber foods and taking fiber supplements (including nuts, corn, popcorn, raw fruits and vegetables and bran) Cooked fruits and vegetables are acceptable.

**DAY BEFORE THE PROCEDURE:**

**THE ENTIRE DAY PRIOR TO YOUR PROCEDURE YOU MUST BE ON A CLEAR LIQUID DIET – NO SOLID FOODS.**

- Drink 6-8 glasses of clear liquids and half **MUST** contain sugar and salt
- Coffee or Tea (**NO** milk or artificial creamer)
- Clear broth or bouillon – **MUST** drink 16oz of either broth or bouillon
- Clear fruit juices (Apple Juice, Cranberry, White Grape, Gatorade (**NOT G2**))
- Jell-O, Popsicles, Italian Ice, hard candy

**NOTE: DARK COLOR CLEAR LIQUIDS SUCH AS RED OR PURPLE ARE OK TO HAVE JUST BE SURE TO DRINK LOTS OF WATER AS WELL.**

<b>STEP 1 @ 7:00 PM</b> the day before your procedure	Pour one (1) 6 oz. bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16 oz. line on the container and mix.
	Drink <b>ALL</b> the liquid in the container
	You <b>MUST</b> drink two (2) more 16 oz. containers of water over the next hour.
<b>STEP 2</b> to be done 5 hours prior to your procedure time.	<b>Repeat the SAME directions from STEP 1</b>

**FOLLOW THESE INSTRUCTIONS, NOT WHAT IT ON THE BOX**

**If you feel nauseous...**

1. DO NOT chug the solution, take a break if you feel nauseous
2. You have 30 minutes to drink the MIXTURE portion of your prep, DON'T RUSH!

**On the day of your procedure: Take any medications (reviewed with your doctor or RN at the center/hospital) with small sips of water. ONLY UP TO 4 HOURS PRIOR TO YOUR PROCEDURE TIME.**

The purpose of this prep is to clean your colon. Your bowels should run clear. Your bowel movements should not be solid, brown/cloudy tinged liquid bowel movements is acceptable. **If your bowels are not running clear, please drink 1 bottle of Magnesium Citrate but make sure it is more than 4 hours before your procedure to avoid a delay.** We recommend coating the rectal area with VASELINE to protect the skin from chaffing while prepping. **\*\*\*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.**

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