

# COLONOSCOPY PREP INSTRUCTIONS

**Thank you for choosing Gunnison Valley Health for your colonoscopy procedure. This folder contains important information about your procedure.**

This folder contains:

- Colonoscopy prep instructions (this document)
- Colonoscopy diet instructions
- Patient registration guide for One Medical Passport
- Gunnison Valley Health notification of financial responsibility

Bowel preparation for a colonoscopy actually starts about a week before your procedure when you should stop taking certain medications (such as Ibuprofen or Aleve) and supplements. You need to follow the Suprep® instructions and be prepared to drink a lot of liquid.

## Key Instructions

- **Please note: your procedure will be canceled if any of these instructions are NOT followed. Please read thoroughly, thank you.**
- Your bowel must be empty so that your doctor can clearly view your colon. Follow all the instructions in this handout EXACTLY as they are written.
- Pick up your bowel preparation (Suprep®) as soon as you can; this can be picked up as soon as it is called into the pharmacy by your physician.
- Transportation on the day of your exam:
  - A responsible person **MUST BE PRESENT** to review discharge instructions and transport you home. You are not allowed to drive, take a taxi or bus or leave the hospital alone. If you do not have a responsible driver (family member or friend) with you to take you home, your procedure cannot be done with sedation and will be canceled.
- Complete your pre-anesthesia assessment as soon as you are scheduled for your procedure.
  - In order to provide you with the best care we ask that you register with **One Medical Passport** and complete an online health assessment. **To help our providers and surgical team please complete the assessment promptly after being scheduled for your procedure so if any further testing is needed it will not delay your surgery date.**
  - To complete this assessment, go to [www.onemedicalpassport.com](http://www.onemedicalpassport.com) (see attached instruction sheet).
  - Call the Operating Room at 970-641-7240 for any questions about this online assessment.
- The Operating Room will call you the afternoon prior to your procedure with your arrival time. **Please disregard any communication from Athena about procedure times, as this may not be accurate.** Call the Operating Room at 970-641-7240 with any questions.

## Medications

1. Blood Thinners: must discuss with your primary care provider or cardiologist for instruction on whether to take or hold these medications.
  - NSAIDS (Ibuprofen, Aleve, etc.) and fish oil should be stopped 3 days prior to your procedure. Tylenol may be taken if needed.
  - Aspirin should be stopped 10 days prior to your procedure.
  - Xarelto/Eliquis: with your primary care provider or cardiologists' approval, avoid taking 2 days before the procedure, and the day of the procedure. You may re-start this medication the day after the procedure.
  - Warfarin: with your primary care provider or cardiologists' approval, avoid taking it for 4 days prior to your procedure. You may re-start this medication the day after the procedure.
2. Type 1 Diabetic medications: Follow up with your prescribing provider for specific instructions for reducing daily insulin for day of surgery.
3. Diabetic Medications other than Insulin: do not take oral diabetic medications for 12 hours prior to the time of your procedure.
4. All other medications and supplements: the Operating Room will instruct you which medications you may take the morning of surgery at the pre-operative phone call the afternoon prior to your procedure.

**Surgery Cancellation Policy:** If you need to cancel your surgery for any reason, please let us know at least 5 business days in advance of your procedure date. We currently have a waitlist for certain procedures and need at least that much time in order to accommodate them. Please call 970-641-3927 to cancel.



GUNNISON VALLEY HEALTH

Please call 970-641-3927 if you have any questions about your colonoscopy prep.

# COLONOSCOPY PREP INSTRUCTIONS

## SUPREP® AND GAS-X (125 MG)

### One Week before the colonoscopy:

1. Be sure you have your Suprep® and Gas-X® from the pharmacy.
2. Eat a normal diet, but **avoid foods such as nuts, seeds, corn, peas and beans.**
3. Ensure you have completed the online pre-anesthesia assessment via [onemedicalpassport.com](http://onemedicalpassport.com).

### Three days before the colonoscopy: \_\_\_\_\_ (Date)

1. Eat a low fiber diet (see separate information sheet).
  - Do NOT eat high-fiber foods, such as popcorn, beans, seeds (flax, sunflower, quinoa), multigrain bread, nuts, salad/vegetables or fresh and dried fruit.
2. Ensure you have someone scheduled to take you home after the procedure.
3. If needed, call the Operating Room 970-641-7240 to report any cough, cold, fever or other illness symptoms.

### The day before the colonoscopy: \_\_\_\_\_ (Date)

1. **Start the prep.**
2. The bowel preparation solution will be consumed in two parts. **Do NOT add ice, sugar or any flavorings to the solution.**
3. Only consume a clear liquid diet the ENTIRE day before your colonoscopy (please no red or blue dyes).
4. Step 1: Begin with this step at 5 p.m. the evening before your scheduled colonoscopy time.
  - Pour the first bottle of Suprep® into the mixing container provided in the kit.
  - Add water to the 16oz line on the mixing container and mix.
  - Drink all the liquid in the container.
  - **IMPORTANT:** In addition to the above 16oz container, you must drink 2 more 16oz glasses of water. Drink the Suprep® and an additional 2 glasses of water within a 2-hour period. Take one Gas-X tab with each glass.
  - You may continue to drink clear liquids up until midnight.

### Day of Colonoscopy

1. NO FOOD OR DRINK OTHER THAN THE PREP.
2. 6 hours prior to your scheduled procedure time, start the second dose of prep. \_\_\_\_\_ (Time)
  - Pour the second bottle of Suprep® into the mixing container provided in the kit.
  - Add water to the 16oz line on the mixing container and mix.
  - Drink all the liquid in the container.
  - **IMPORTANT:** After drinking the above 16oz container, you must drink two more 16oz glasses of water, over a 2-hour period. Take one Gas-X tab with each glass.
3. You must have finished drinking the last glass of water no less than 4 hours before your scheduled colonoscopy time. \_\_\_\_\_ (Time)
4. You may not drink anything for 4 hours prior to your scheduled colonoscopy time. \_\_\_\_\_ (Time)
5. Wear comfortable clothing on the day of your procedure.
6. Leave all personal items at home as much as possible (jewelry, contacts, etc.)
7. **You must have a responsible person to take you home after the procedure.** A nurse will call your designated transportation person approximately 1 hour prior to discharge time.

Day of procedure arrival time: \_\_\_\_\_



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# COLONOSCOPY PREP INSTRUCTIONS

## SUPREP® AND GAS-X (125 MG)

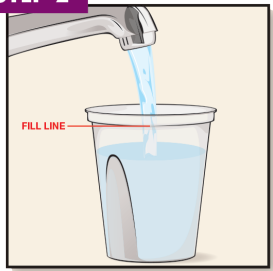
It is important to follow all the steps below completely.

### STEP 1



Pour one 6-ounce bottle of Suprep liquid into the mixing container.

### STEP 2



Add cool drinking water to the 16-ounce line on the container and mix.

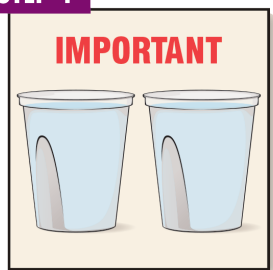
**NOTE:** Be sure to dilute Suprep as shown at left before you drink.

### STEP 3



Drink **ALL** liquid in the container.

### STEP 4



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

**NOTE:** You must finish drinking the final glass of water at least four hours before your procedure.



# COLONOSCOPY DIET INSTRUCTIONS

## INITIATE THREE DAYS PRIOR TO COLONOSCOPY

### LOW FIBER DIET

#### Foods that are okay:

- White bread
- White rice or noodles
- Plain crackers and potato rolls
- Skinless, cooked potato
- Skinless chicken or turkey
- Fish and other seafoods
- Canned fruits without seeds or skin
- Eggs
- Vanilla wafers and animal crackers
- Items on the clear liquid diet

#### Foods that are not okay:

- Whole wheat bread or pasta
- Brown or wild rice
- Whole wheat crackers and rolls
- Raw or partially cooked vegetables
- Tough meat or meat items with skin
- Nuts, seeds, popcorn and fruits
- Milk or milk products
- Cereals
- Granola, cornbread and pumpernickel bread
- Items on a high fiber diet

## INITIATE ONE DAY PRIOR TO COLONOSCOPY

### CLEAR LIQUID DIET

#### Drinks that are okay:

- Water
- Black coffee or tea without milk or cream
- Sports drinks with electrolytes
- Carbonated beverages and sodas
- Apple juice

#### Drinks that are not okay:

- Orange or pineapple juice
- Milk or dairy products
- Milk shakes
- Malt
- Alcoholic drinks

#### Foods that are okay:

\*Avoid red or blue food coloring.\*

- Clear broth and soup
- Honey
- Hard candies
- Gelatin
- Popsicles
- Sugar
- Fruit ices
- Sorbet

#### Foods that are not okay:

- Vegetables
- Fruits
- Meat or poultry products
- Bread
- Pasta
- Rice and grains
- Cereals
- Seeds and nuts

