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Colonoscopy Location: Barrington Office Suite 311    Good Shepherd West Pavillon    Centegra Huntley Main Entrance    Centegra McHenry Main Entrance

Physician: Dr. Bhuvu    Dr. Coy    Dr. Gordon    Dr. Lutsi    Dr. Nagel    Dr. Shah    Dr. Spangler

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Arrival Time: \_\_\_\_:\_\_\_\_ Procedure Time: \_\_\_\_:\_\_\_\_

\*\*\* If you are having your test at a Centegra location, please call registration at (815) 334-5566

### COLONOSCOPY USING SUPREP:

A colonoscopy is a procedure that examines the large intestine with a flexible fiberoptic instrument. The doctor is looking for any abnormalities in the colon and may take biopsies. This procedure takes about 20 to 30 minutes. However, you must plan to be at the facility for about 3 hours to allow for intake and recovery time.

Our office will do the precertification for your procedure. It is your responsibility to verify your benefits with your insurance company. Please inform our office if you have any changes to your insurance coverage or insurance carrier prior to your procedure.

### IT IS ESSENTIAL THAT...

1. You bring your ID, insurance card and a list of medications (including dosages) to your appointment.
2. If you take **blood thinners** such as: Coumadin, Warfarin, Plavix, Xarelto, Pradaxa, Effient, Aggrenox, Eliquis, Brilinta or any other blood thinner, you will need to stop them 5 days prior to your procedure. Please call your Cardiologist or prescribing doctor for instructions on stopping these medications. (See full list on page 2)
3. If you are **diabetic and on insulin**: Test your blood sugar before you come for your colonoscopy. **Take only half of your usual dose of insulin on the day of your procedure.**  
If you are **diabetic and on oral medication (pills)**: Take only half the usual dose the day BEFORE the procedure. **Do not take** your diabetic medication on the day of your colonoscopy. You may take your medication when the procedure is over and you are able to eat.
4. If you are taking any diet pills such as: Fenfluramine, Dexfenfluramine or Phenteramine, stop taking those **2 weeks prior** to your colonoscopy.
5. Stop any herbal medications and supplements/vitamin E **7 days prior** to your procedure.
6. For 4 days prior to your colonoscopy, you must follow a low roughage diet. **Do Not Eat** nuts, fresh fruits or vegetables, whole grains or seeds. (See full list on page 2)
7. If you take morning medications (with the exception noted above) please only take medications for your heart, blood pressure, asthma, seizure disorder or thyroid with a small sip of water 4 hours prior to your scheduled procedure time.
8. You will not be allowed to drive yourself home after the procedure due to the sedation. Therefore, you will need an adult to drive you home. You may **NOT** use public transportation. **If you do not have a ride, your procedure will be cancelled.**

\*\*\* Individual responses to laxatives vary. This prep often works within 30 minutes but may take as long as 3 hours. Remain close to toilet facilities as multiple bowel movements may occur.

**OVER →**

## MEDICATIONS TO AVOID 5 DAYS BEFORE YOUR PROCEDURE:

Coumadin, Warfarin, Plavix, Xarelto, Pradaxa, Effient, Aggrenox, Eliquis or Brilinta (as directed by your prescribing doctor) Excedrin, Ibuprofen, Advil, Motrin, Aleve, Naprosyn, Naproxen, Celebrex, Celecoxib, Mobic, Meloxicam, Relafen, Nabumetone, CoQ10, Flax seed oil, Krill oil, Fish oil, Vitamin E, Vioxx, Bextra, Indomethacin, Glucosamine Chondroitin, Iron supplements, Arthrotec, Anaprox, Feldene, Metamucil, Citricel or any other fiber supplements like gummies.

**\*\*\*You may continue to take a low dose (81mg) Aspirin.**

## FOODS TO AVOID 4 DAYS BEFORE YOUR PROCEDURE:

Fresh fruits with seeds, raw vegetables, nuts, popcorn, seeds, whole grain bread, whole grain pasta, lentils, beans and corn. (You may have apples, pears or peaches that are peeled. **Do Not eat the skins.**)

## 1 DAY BEFORE YOUR COLONOSCOPY:

- ✓ You will be on a limited diet the entire day. Allowed dairy and liquids listed below.
- ✓ Allowed dairy products: Eggs, milk (including soy, rice or almond), plain cheese (no cottage cheese), vanilla ice cream, plain or vanilla yogurt (without fruit, nuts or granola)
- ✓ Allowed clear Liquids: mineral, bubbly or plain water, Gatorade, apple juice, white grape juice, ginger ale, clear broth or bouillon (without veggies, meats or rice), jello, all carbonated and noncarbonated soft drinks, plain popsicles, coffee and tea.
- ✓ You must start to hydrate yourself, which means you must start to drink extra fluids
- ✓ **DO NOT DRINK: tomato juice, orange juice, grapefruit juice, protein or drinks with fiber in them. NO beer, wine or alcohol is allowed.**
- ✓ Avoid all liquids or popsicles with red or purple dyes.

### AT 6 PM:

- ✓ Pour one 6-ounce bottle of SUPREP into the mixing cup provided in the kit. Add cold drinking water to the 16-ounce line on the cup and mix. Drink all of the fluid in the cup. You **MUST** drink (2) more 16-ounce cups of plain water within the next hour. You may only have water or clear liquids (a fluid you can see through) after taking this prep. No food, coffee, or jello.
- ✓ You **MUST** drink more solution in the morning even if your stool is clear.

## DAY OF COLONOSCOPY:

- ✓ **Start drinking the prep solution 5 hours before your test \_\_\_\_\_:\_\_\_\_\_.** Pour the SECOND 6 ounce bottle of SUPREP liquid into the mixing cup. Add cold water to the 16-ounce line on the cup and mix. Drink all of the liquid in the cup. You **MUST** drink (2) more 16-ounce cups of plain water within the next hour. You must finish drinking your prep **at least 4 hours** before your procedure time.

**\*\*\*After you finish this portion of the prep, you may NOT have any liquids OR solids by mouth. NO FOOD, FLUID, GUM OR CANDY IS ALLOWED.**

**\*\*\*You may take any medications prescribed for your heart, blood pressure, asthma, seizure disorder or thyroid with a small sip of water 4 hours prior to your scheduled procedure time.**

The prep can start working anywhere from 1 hour to 3 hours after you start drinking it at 6pm the night before. The day of the procedure, you will have little left to eliminate so there is plenty of time built into the timing for you to make it to the hospital without needing the restroom.