

COVID-19 NOTICE

If you have a fever, unexplained cough or respiratory symptoms or have been exposed to someone with symptoms or confirmed COVID-19 infection in the last 21 days, CALL and reschedule your colonoscopy procedure. Don't do the prep and risk being turned away.



SUPREP-ENSURE COLONOSCOPY Split “PREP”

Modern colonoscopy is a diagnostic procedure to examine the colon, or large intestine. Over the past 40 years, it has become the gold standard in screening for colon polyps and prevention of colorectal cancer. With modern methods of sedation and newer thin flexible instruments, most exams are quick, painless, and very safe. For an accurate and safe exam, however, it is critical that your colon is purged of all waste material using a restricted diet and laxative preparation, or "prep." Colonoscopy is an important exam. Read this carefully and take the time to prepare correctly. *REMEMBER: An accurate exam requires an excellent prep. SUPREP is the most effective prep that we have ever used which makes the exam more accurate.*

WARNING: SUPREP and other low volume concentrated prep solutions are NOT to be used by individuals with severe Chronic Kidney Disease or Kidney Failure. A higher volume lower concentration prep must be used. If you have kidney failure, please call.

Most patients report that the worst part of the procedure is not the colonoscopy, but the necessary preparation the day before. Preparing for a colonoscopy is never pleasant, but fortunately, new low volume “preps” have been developed to make this process as simple as possible. It is important that you follow all instructions carefully so that the test need not be rescheduled. If you have any questions, please call our office - (412) 262-1000 option #2.

To prepare for your exam, you will need a prescription to purchase:

- One SUPREP Bowel Prep Kit

All bowel preps may cause some anal irritation. We also recommend that you purchase:

- A soft brand of toilet tissue.
- A box of baby wipes such as Huggies or Pampers Aloe wipes
- One small tube of diaper rash ointment or Zinc Oxide cream
- A small bottle of Milk of Magnesia (if you suffer from constipation)
- [OPTIONAL] Three (3) bottles of ENSURE or BOOST nutritional supplement. Any flavor. This is NOT required but seems to make the prep more tolerable.

This new SUPREP prep has been shown to be safe and effective. **It is split into TWO portions:**

1. The first half is taken the night before your exam.
2. The second half must be taken on the morning of your exam **STARTING 5 HOURS BEFORE YOUR APPOINTMENT** and completed within 1 hour, **AND YOU MUST HAVE NOTHING BY MOUTH THOSE LAST FOUR HOURS BEFORE YOUR EXAM – NO FOOD, LIQUIDS INCLUDING WATER, TOBACCO, CANDY, OR EVEN CHEWING GUM.**

THREE (3) DAYS BEFORE YOUR COLONOSCOPY

Make arrangements for a companion to accompany you to your appointment and drive you home. If possible, it is best that this person is someone with whom we can share the results of the examination. *We require that your driver remains in the PARKING LOT (due to Covid) the entire time that you are here, which averages around two hours - otherwise your appointment may have to be rescheduled.*

It is best to eat lightly for a few days before your exam. It makes the cleanout easier and more effective. *What goes in – has to come out.* Try to avoid overeating to compensate for the upcoming fast. Please avoid Metamucil, vitamins containing iron, raw vegetables, corn, sesame seeds and foods with skin or small seeds such as tomatoes, kiwi, and cucumbers for a few days before your exam. Discontinue any fiber supplements. (Metamucil, Benefiber, Citrucel, etc.)

TWO (2) DAYS BEFORE YOUR COLONOSCOPY

Normal activity and diet, but don't overeat. Also, don't go into the prep constipated. If you feel that is the case, I would suggest that you take an over-the-counter laxative (such as 4 TBSP of Milk of Magnesia) and 4 glasses of water after dinner TWO nights before your exam to “prime the pump.”



ONE (1) DAY BEFORE YOUR COLONOSCOPY (“Prep Day”)

Follow these instructions the day prior to your procedure:

7 AM. You may have a light breakfast such as two eggs and one piece of white toast with coffee/tea (no cream) and drink one 8 oz bottle of **ENSURE**. Other than Ensure as directed, a *clear liquid diet* should be followed until your exam is completed. Drink plenty of clear fluids at least 8 oz every two hours while awake.)

NOON No solid food. You may drink a second 8 oz bottle of **ENSURE**. Drink plenty of clear fluids at least 8 oz every two hours.

4 PM. No solid food. You may drink the third and last 8 oz bottle of **ENSURE**. Drink plenty of clear fluids at least 8 oz every two hours. No more Ensure allowed.

6 PM. BEGIN THE PREP DO NOT DRINK SUPREP UNDILUTED. Pour one of the 6 oz bottles of SUPREP into the mixing container and fill with cold water to the 16 oz line and mix. Drink all of this over 15 min. *For a safe prep and complete exam, you MUST drink another 32 oz of clear fluid over the next hour.* You may drink more fluid if you wish. This may be water, ice tea, lemonade, white grape juice, Crystal Light, Gatorade, etc. Do NOT drink any milk products. Avoid red, blue, or purple liquids or popsicles as they may interfere with the exam.

DAY OF COLONOSCOPY (“Test Day”)

Do NOT eat breakfast.

5 Hours before your appointment. Pour the second 6 oz bottle of SUPREP into the mixing container and fill with cold water to the 16 oz line and mix. Drink all of this over 15 min. [HINT: If this is early in the morning, wake up first, have a cup of tea to settle your stomach before you drink this sweet solution.] For a safe prep and complete exam, you MUST drink another 32 oz of clear fluids over the next hour.

To prevent aspiration of stomach contents into your lungs while under the anesthetic, **YOU MUST HAVE NOTHING BY MOUTH THOSE LAST FOUR HOURS BEFORE YOUR EXAM – NO FOOD, LIQUIDS INCLUDING WATER, TOBACCO, CANDY, OR EVEN CHEWING GUM – OTHERWISE YOUR EXAM MAY BE CANCELLED.**

However, you may take any important prescription medications with a **small** sip of water, especially any medications for HIGH BLOOD PRESSURE. (Diabetic medications and blood thinners such as Coumadin, warfarin, Pradaxa, Xarelto, Eliquis, etc. require special instructions. Ask your doctor.) If you use any INHALERS FOR ASTHMA even infrequently, please bring them with you.

Plan to arrive ON TIME for your appointment. *Bring a driver who can remain in the PARKING LOT (due to Covid) the entire time you are here.* The average visit is about two hours. Arriving late or without a driver may require canceling and rescheduling your procedure. Wear comfortable clothing and shoes that are easily removed. Leave jewelry and other valuables at home. No firearms are permitted. Bring your insurance card and driver’s license. If there is a copay or deductible, be prepared to pay it.

Note: “CLEAR” LIQUIDS ALLOWED: This includes clear fat-free broths, bouillon, coffee and tea, (without cream or non-dairy creamer), Kool-Aid, Crystal Light, carbonated beverages, clear sodas like ginger ale, orange juice and other fruit juices without pulp, popsicles without pulp, Jell-O, hard candies, and Italian ices.

Not allowed: Orange juice with pulp, fruit nectars, liquids you cannot see through, milk, cream and non-dairy creamer. Avoid anything that is red or purple in color. No alcoholic drinks.

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