

Getting Ready for Your Colonoscopy (SUPREP)

Important: Please read at least 1 week before your procedure.

1 Week Before Your Procedure Driver

Arrange for a driver (**Required** for sedation).

Health Changes

Notify us of any major health changes, illnesses, or recent hospital stays. Call **(608) 890-5010** for procedures at DHC. For procedures at UW Hospital GI Procedure clinic, call **(608) 263-8094**. For procedures at Meriter/Unity Point, call **(608) 417-6389**.

Blood Thinning Medicine Changes

You may need to stop or adjust blood thinning medicines before your procedure. You must call the doctor who prescribes the medicine to discuss this, or we may not be able to complete your procedure.

Diabetes Medicines

Your medicine and your blood sugar testing may need to be changed during your prep time. You must call the doctor who prescribes the medicine to discuss this, or we may not be able to complete your procedure.

Iron & Multivitamins with Iron

Stop taking 5 days before your procedure. (You do not need to contact your doctor first.)

In Case You Are Constipated

Those who are often constipated or have not had a clean colon for a past procedure may need extra prep. Please call to discuss this in more detail.

3 Days Before Procedure

Low Fiber Diet

Stop these foods and medicines:

- Corn, popcorn, seeds or nuts.
- Uncooked vegetables, beans and lentils, potato skins.
- Fruits with skins or seeds.
- Whole grain breads, granola or high fiber cereals.
- Fiber supplements (like Metamucil®, Citrucel®, or Benefiber®).
- Anti-diarrhea medicines (like Kaopectate®, Lomotil®, Pepto-Bismol® and Imodium® or loperamide).

See website for tips of what you can eat.

www.uwhealth.org/digestivehealth

Pick up Bowel Prep

Call your pharmacy to let them know you will be picking up your bowel prep. Please pick up your bowel prep 3 days before your procedure. **Do not mix** until the day before the procedure.

1 Day Before Procedure

Clear Liquid Diet

- If your arrival time is **before 11 am**, stop eating solid food and begin clear liquid diet at **10 am**.
- If your arrival time is **after 11:30 am**, stop eating solid food and begin clear liquid diet at **2 pm**.

Clear Liquid Diet Rules

- **No** creamers, milks or other dairy products.
- **No** solid food.
- Drink at least 8 glasses of clear liquids all day to prevent dehydration.
- **No** red or purple liquids.

Clear liquids include these “see-through” items:

- Water, clear sports drinks like Gatorade®
- Broth
- Black coffee, tea, soda
- Apple juice
- Jell-O®

Medicines

Take your daily medicines today, **except** those you were told to stop. Take your medicines at least one hour before or one hour after drinking your prep.

Bowel Prep

Follow the directions below for drinking prep, not the directions on the container.

- If your arrival time is **before 11 am**, drink dose #1 starting between **4 pm and 6 pm**.
- If your arrival time is **after 11:30 am**, drink dose #1 starting between **6 pm and 8 pm**.

For each dose:

1. Pour one 6-ounce bottle of SUPREP liquid into the mixing bottle.
2. Add cool drinking water to the 16-ounce line on the bottle and mix well. Drink **all** the mixed liquid.
3. Drink two (2) more 16-ounce bottles of water over the next 1 hour.

Bloating and/or nausea may occur. You will have loose, then liquid, stools. This is normal. If you have a great deal of nausea or vomiting, slow down or stop for 30 minutes. Then start again. If your bowels do not begin to empty after several hours, or you have severe cramping, feel dizzy, or lightheaded, call us at **(608) 890-5010**.

Procedure Day

Diet

- Stay on clear liquids
- **No Food.**

Bowel Prep

- Mix 16 ounces of cool water and begin drinking **5-6 hours before your arrival time**.
- Drink two more 16-ounce bottles of water over the next 1 hour.
- Stop drinking everything, even water*, 4 hours before arrival at the Digestive Health Center.

*You may have no more than ½ cup (4 ounces) water with **medicines** at least 1 hour before your arrival.

As you finish the prep, your stools should be watery clear or yellow, with no solids (flecks of stool are OK). If you are still passing solid or brown stools, call us at **(608) 890-5010**.

What to Bring

- CPAP or BiPAP and any inhalers that you use.
- Eyeglass or contact lens case, denture cup
- Ostomy supplies
- Wear comfortable clothing.
- Do not bring valuables, money, or jewelry.

Tips for a Successful Colon Prep

- Plan on each dose taking several hours.
- Stay near a bathroom. Stock up on soft toilet paper and reading materials.
- If you don't like the taste of the prep, you may add yellow lemonade Crystal Light® to the mixture. We suggest mixing it into 1 glass at a time.
- Drinking the prep through a straw may help improve the taste.
- Between glasses, you can chew gum or suck on slices of lime or lemon or hard candies. Avoid red or purple candy.
- After you mix the prep, we suggest you put it in the fridge. Take it out of the fridge at least 2 hours before you start drinking it, so you won't feel too cold.
- If you get chilled, try putting a blanket in the dryer to warm it up before using.

What to Expect

- Your visit at UW Digestive Health Center will last about 2 -3 hours, from the time you check in until the time you can leave.
- It is up to you if your driver stays in our waiting room or in your private room where private medical information will be discussed.

- Before the procedure, the doctor will talk with you, answer questions, and ask you to sign a consent form.
- An IV will be placed by a nurse.
- Medicines will be given during your procedure to help you relax and keep you comfortable.
- After your procedure, your doctor will talk with you about the results and give you a report. We strongly suggest that you have your driver wait in your private room to hear the results with you. It is your choice to have your driver with you when the doctor talks to you.
- You will feel sleepy when you leave.
- Plan to spend the day resting at home. You cannot drive or return to work due to the sedation medicines. Most patients are able to return to their normal activities the day after their procedure.
- If biopsies are taken or polyps removed, you can expect to get lab results 1-2 weeks after your procedure, either by phone or by mail.
- It may take up to a week for your bowel habits to return to your normal.

See website to find out more such as, prep video, diet tips, and prep worksheet.

www.uwhealth.org/digestivehealth

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 1/2020 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#7661.