

Hilton Head Gastroenterology

Preparing for Colonoscopy with Suprep

We want to make sure your procedure goes as smoothly as possible. Please read all these instructions at least 1 week before your exam. This is easy, but remember these instructions need to be followed or your procedure may need to be rescheduled. If you have any questions about your medications, or your prep instructions, call your doctor's office. If you have any other questions, call the facility where your procedure is scheduled.

Hilton Head Hospital: 843-689-8293;

Outpatient Surgery Center of Hilton Head: 843-682-5050

Coastal Carolina Hospital: 843-784-8026 or 843-784-8031

Patient name:

Scheduled procedure: Colonoscopy Sigmoidoscopy Upper Endoscopy

Location: Hilton Head Hospital; Outpatient Surgery Center of Hilton Head;
Coastal Carolina Hospital

Date of your procedure:

The facility that your procedure is scheduled at will call with your arrival time. If you need to contact your facility the phone numbers are above.

Your arrival time is generally 1 hour before the start time for your procedure so that you have time to get ready.

You should be ready for discharge approximately 3 hours after your arrival time.

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You cannot drive after you have had sedation, so you will need an escort home.

It is expected that your escort wait for you at the facility; if this presents a hardship please discuss this with your nurse during your preop call. If you have no immediate family or friends available, you can consider hiring a home health agency to serve as your escort. Cabs and uber are not an option as you may need help at home for a short while. Local agencies to consider are:

Comfort Keepers: 843-757-7731 **Right at Home:** 843-815-7890

Home Helpers: 843-837-3041 **Patient Care Advocates:** 843-298-7228

You will need to clean your bowels so that your doctor can see inside your colon. If your bowels are not clean, you may have to reschedule your test.

Shopping List and Diet:

Items you will need to buy before your procedure:

- Clear liquids that are not colored red or orange.** Clear liquid is any liquid that you can see through. Examples include water, tea, black coffee, clear broth, apple juice, white grape juice, sodas, sports drinks like Gatorade, and Jell-O.
- Colonoscopy Prep Kit**– Your doctor may opt for **Suprep, Plenvu, MoviPrep** or **Clenpiq** as a bowel prep. Please read the simple instructions on the box if you are given a prescription for one of these medications.

Suprep box contains: 2 (two) 6-ounce (177ml) bottles of liquid bowel prep and a 16-ounce mixing container. Tell your doctor if you have kidney disease before taking **Suprep**.

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Medications that need to be modified:

Diabetes: General guidelines are as follows, your situation may differ; **check with the prescribing doctor** (that knows your situation best):

In general, many patients take 1/2 of their usual dose of insulin or oral diabetic medications on the prep day. They do not take any diabetic medications on the day of their procedure. During the bowel prep they check their blood sugar at meals, at bedtime and on the morning of the exam.

If you take Blood Thinners: You need to talk with you cardiologist, neurologist or prescribing practitioner prior to stopping blood thinners. We usually suggest stopping warfarin (**Coumadin** or **Jantoven**) five days before the procedure and stopping dabigatran (**Pradaxa**), rivaroxaban (**Xarelto**), apixaban (**Eliquis**), or edoxaban (**Savaysa** or **Lixiana**), two days before the procedure.

Bridge therapy with enoxaparin (**Lovenox**), or another short acting blood thinner, may be required for patients at high risk for blood clots.

If you take Antiplatelet Drugs: You need to talk with you cardiologist, neurologist or prescribing practitioner prior to stopping antiplatelet drugs.

The usual duration of holding these medications are as follows:

Four days - ticagrelor (**Brilinta**), five days - clopidogrel (**Plavix**), seven days - prasugrel (**Effient**), and 10 days for ticlopidine (**Ticlid**).

For patients on two antiplatelet medicines (aspirin plus any other), if one medicine is held, we suggest staying on aspirin.

Aspirin can be continued if your doctor said you should take it.

Antibiotics: Most patients undergoing endoscopy do **not** require antibiotics including patients with valvular heart disease or prosthetic joints. If your cardiologist or surgeon still wants you to take antibiotics, ask them for a prescription for the antibiotic and directions on when to take it.

All other medications can be taken, with water, on the day of the procedure.

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Five (5) days before your procedure:

If you take iron pills, stop taking it today. If you take a blood thinner, remember to check with the person who prescribed it about when, or if, to stop.

Two (2) days before your procedure:

Do **not** eat **popcorn, any seeds, or nuts**. Even seed toppings on breads can interfere with the test.

One (1) day before your procedure:

Follow a clear liquid diet only. Clear liquid is any liquid that you can see through. **Try to avoid red or orange liquids.** Examples of clear liquids include: Water, tea, black coffee, clear broth, apple juice, white grape juice, sodas, sports drinks like Gatorade, and Jell-O.

Remember, the day before your procedure, don't consume: solid foods, dairy or alcohol.

6 PM (the day before your procedure)

Pour ONE (1) 6-ounce bottle of **Suprep** into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. Drink all the liquid in the container. You must drink two (2) more 16-ounce containers of water over the next 1 hour.

10 PM (the night before the procedure)

If your appointment is **before 9 AM** you may opt to finish your prep tonight (or you can finish tomorrow morning) –

Pour the second 6-ounce bottle of **Suprep** into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. Drink all the liquid in the container. You must drink two (2) more 16-ounce containers of water over the next 1 hour.

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Day of your procedure:

If your arrival time is early in the morning, you will need to finish drinking the laxative in the early morning hours even if this means you will not get much sleep.

5 hours before your scheduled arrival time (if your appointment is after 9 AM and / or / you haven't already finished your prep):

Pour the second 6-ounce bottle of **Suprep** into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. Drink all the liquid in the container. You must drink two (2) more 16-ounce containers of water over the next 1 hour.

You may take your morning medications with sips of water when you finish the solution.

3 hours before your scheduled arrival time:

Stop drinking all liquids.

Do not eat any food.

If you drink liquids or eat food within 2 hours of your procedure, it will need to be postponed or rescheduled. If you need to take antibiotics or a medication with a sip of water that's ok.

Bring these things with you to your procedure:

Photo identification

Any insurance forms or copayments that are required by your insurance provider.

After the procedure:

Most people need to rest at home for the remainder of the day. Don't drive or operate any machines on the day of your procedure. Avoid making any important decisions. Avoid drinking alcohol.

You can go back to eating as you normally do right away.

Your doctor will tell you when to resume any blood thinners, or antiplatelet medications, after the examination.

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Charges involved with your procedure:

If you are having an outpatient examination performed by our practice you should be aware that there are four charges that you may receive:

- 1) You will receive a facility charge from whichever hospital or surgery center that you choose to go to for your procedure. Hilton Head Hospital's number is 843-681-6122; Coastal Carolina Medical Center can be reached at 843-784-8000; the Outpatient Surgery Center of Hilton Head can be reached at 843-682-5050. On the day of your procedure the facility may collect any deductible or coinsurance that is required.
- 2) You may, if a biopsy is required, receive a pathology charge from Aurora Diagnostics or the hospital's pathology department at the facility you select. Aurora Diagnostics works with the Outpatient Surgery Center of Hilton Head and their billing department is 866-556-3195.
- 3) Anesthesia charges may be incurred from Palmetto Anesthesia if you elect to go to the Outpatient Surgery Center of Hilton Head; or a Hospital contracted anesthesia group if you elect to go to a hospital. Palmetto Anesthesia's billing office can be reached at 843-682-2345.
- 4) You will receive a physician's charge for the endoscopic procedure. Hilton Head Gastroenterology's billing office can be reached at 843-681-6630.