



# GCNS

GASTROENTEROLOGY  
CONSULTANTS OF THE NORTH SHORE

## COLONOSCOPY INSTRUCTIONS

### **SUPREP**

**Glen Endoscopy Center (2551 Compass Road #115, Glenview, IL 60026)**

APPOINTMENT DATE: \_\_\_\_\_

TIME: \_\_\_\_\_

ARRIVAL TIME: \_\_\_\_\_

### **What to Expect:**

You will need to arrive in The Glen Endoscopy Center 45 minutes before the scheduled procedure time. The exam takes about 30-45 minutes; you will spend approximately 2 hours at the Endoscopy Center.

### **What to do prior to the exam:**

- Pre-authorization: all patients (except Medicare) need to contact their insurance carrier for pre-authorization at least 5 days prior to your scheduled exam

- Arrange a ride home, someone will need to pick you up. You cannot take a taxi or Uber service. You cannot go back to work. The procedure will not be done unless there is someone to drive you home.

- You will need to get your SUPREP (Bowel preparation) prescription filled at you pharmacy 3-5 days before scheduled colonoscopy. Please disregard the instructions that are in the box and follow the directions below from our office.

-**You can continue taking Aspirin if prescribed by your physician**, but stop other anti-inflammatory products (Ibuprofen, Alleve, Motrin, Advil), except Tylenol seven days prior to the exam. Please limit seed and nut intake for 7 days prior to the exam.

-If you are on Coumadin, Plavix, Ticlid, Lovenox, Eliquis, Pradaxa, Xaralto or any other blood thinner, please contact your primary care physician (PCP) or Cardiologist to determine whether you should discontinue it prior to the procedure. Please notify our office if your PCP feels you need to continue on these medications.

-If you have a cardiac stent please contact your cardiologist for instructions regarding your blood thinners and notify us of their recommendations

-Diabetic patients: If you are taking insulin, do not take your morning dose on the day of the procedure. You may take ½ of your regular dose the night before the procedure. Check your blood sugar before exam and if it is low, you may drink some apple juice. If you are on Metformin (or Metformin containing medications) you may continue them as prescribed until the day before and day of the procedure.

-Patients with internal defibrillators or Automatic implantable cardioverter defibrillators (AICD) or patients who require continuous Oxygen CANNOT have their procedure done at The Glen Endoscopy Center. If we have scheduled you at the Glen in error, please let us know and we will make other arrangements.

### **PREPARATION:**

The goal is to clean out your colon => passing clear or yellow liquid stool.

#### **Day before the exam:**

1. Drink only ‘**clear liquids**’ for meals and throughout the day
  - **Clear liquid diet – Only these foods are allowed**
    - **Soups:** Clear bouillon, broth or consommé
    - **Beverages:** Tea, coffee, Kool-aid, Gatorade, 7-UP, Sprite or Ginger Ale. Do not add milk or cream to coffee.
    - **Juices:** Apple, Lemonade, orange drink, Crystal Light. Any juice you can see through and has no pulp is acceptable.
    - **Dessert:** Italian ices, popsicles, Jell-O, hard candy. Do not eat or drink anything that contains red or purple dye.
    - *Do NOT consume any alcohol the day before the exam.*
2. Between 4:00- 5:00PM, begin your preparation. Pour one 6-ounce bottle of SUPREP liquid into the mixing container and add cool drinking water up to the 16-ounce line on the container and mix.
3. Drink all the liquid in the container.
4. You must drink at least **two** more 16-ounce containers of **water** over the next 1-2 hours after finishing your Suprep bottle.

#### **Day of Exam**

1. 4 hours before your appointment time, pour one 6-ounce bottle of SUPREP liquid into the mixing container and add cool drinking water up to the 16-ounce line on the container and mix.
2. Drink all the liquid in the container.
3. You must drink at least **two** more 16-ounce containers of **water** over the next 1 hour after finishing the Suprep bottle.
4. *Do not eat or drink anything 2 hours before your appointment. This is very important.*
5. If you take medications, you should take it on the morning of the procedure with a small sip of water, other than this, you should have nothing to eat or drink (except SUPREP) after midnight the night before the colonoscopy.

### **How do you get results?**

Preliminary results will be discussed with you following the procedure. If biopsies are taken, the results will be available in 1 week. A copy of the procedure report will be sent to the referring physician.

**If you are not passing clear or yellow stool or if you have any other questions please contact our office.**

### **ADDITIONAL INSTRUCTIONS**

- Antibiotics are NOT required before the procedure, even if you require them for dental procedures.
- Please stop taking **iron** or vitamins containing iron for 1 week prior to your procedure.
- Although the appointment time is reserved for you and we make every effort to run on time, sometimes emergencies occur which disrupt the scheduled procedure time. We thank you in advance for your patience and understanding.
- The results will be discussed with you at the time of discharge from the facility, you may not remember many of the details. You should have a family member or close friend with you at the time of discharge. Some tests will require time to process, results should be received within 7 days.
- Sedation. All cases are done under guidelines for conscious sedation or Monitored Anesthesia Care (MAC). If you have special needs, we encourage you to make an office appointment prior to having a procedure.
- Bowel Preparation. The cleanliness of your colon prep is directly proportional to the likelihood of finding all of the polyps in your colon. It is for this reason, that we emphasize following these instructions and completing the prep. Not eating does not clean the

colon. Enemas alone will not clean the whole colon. There is no 'pill prep' that is universally safe. No prep is easy.

- Should you need to cancel your procedure for any reason, we ask that you notify the office at least 48 hours in advance or a fee will be charged. Please contact our office directly. Do not page the doctor on call over the weekend for cancellations.