

## COLONOSCOPY WITH SUPREP™ PREPARATION INSTRUCTIONS

**IMPORTANT: Please read these instructions TWO WEEKS before your procedure so you are well prepared. If you have diabetes or are on a blood thinner, please call your doctor to discuss your medicines for this procedure.**

You are scheduled for a Colonoscopy with Duke Gastroenterology (Duke GI). This is an exam of your colon (large intestine). A flexible tube will be put into your rectum. It then passes through your colon. More tests may be performed as needed. These include taking tissue samples (biopsies) and removing polyps.

- Call (919) 684-6437 for questions about your appointment or preparation.
- **Duke Gastroenterology doctors perform these procedures at several locations. Please review the appointment letter enclosed.**

We strive to perform the safest and most careful procedure for every patient. A procedure may take longer for some patients than for others. As a result, your procedure may not be performed at the exact time you were scheduled. We ask for your patience. Please allow at least 3 to 4 hours for your visit.

### **DESIGNATED DRIVER ON THE DAY OF YOUR PROCEDURE:**

- You will receive anesthesia medicines during this procedure to make you comfortable and sleepy. The medicines are given to you through an IV (a soft flexible tube in your arm).
- Since you will receive anesthesia medications, you may not drive home.
- **You must have a responsible adult 18 years or older with a valid driver's license who is on-site through your entire procedure.**
- **If your companion does not stay on site, you will need to reschedule your procedure.**
- For your safety - Duke GI recommends that an adult stay with you for several hours after your procedure.
- You may not go home alone in a taxi, shuttle, van or bus. These drivers are not responsible for you.
- **You may not drive for 24 hours after your procedure.**

**Medication Information:**

- **Please bring a list of your current medicines and doses the day of your procedure.**  
Current patients of Duke Primary Care do not need to bring a medication list.

**Follow these medicine changes prior to your procedure:**

- **Blood thinners** (such as Coumadin, Warfarin, Ticlid, Plavix, Lovenox, Pletal, Pradaxa, Xarelto, Persantine, Eliquis and Aggrenox) **may need to be held** for 1 to 10 days before your procedure. Talk to the doctor who prescribes these medicines for specific instructions.
- If you take a daily **aspirin**, continue taking your aspirin.
- **Iron pills:** Stop taking 7 days prior to your procedure.
- **Patients with diabetes:** Follow these guidelines:
  - **Oral Medicine** (“sugar pill”): Do not take the day of your procedure unless otherwise instructed.
  - **Insulin:** Please call the doctor that manages your insulin to change the dose. The dose needs to be changed for both the clear liquid day and fasting time before procedure.  
\*Patients with insulin pumps will need to bring prescribed off-pump instructions.\*
  - **Check your blood sugar the morning of your procedure.**
  - **Important tips to prevent low blood sugar:** During the clear liquid day, drink protein. A good source of protein is clear chicken, beef or vegetable broth. Keep glucose tablets on hand for any sudden drop of blood sugar. These are available over the counter in the diabetic supplies at any pharmacy.
- **All other prescribed medicines continue taking as usual.** (like blood pressure medications)
- If you have any questions about your medicines, call the doctor who prescribes the medication(s).

**OTHER INSTRUCTIONS:**

- If you have a **Pacemaker or Internal Defibrillator:** Please bring your device information card with you to your Pre Anesthesia Testing Appointment and on the day of your procedure. Give the device card to your assigned nurse at check-in. Your doctors will need to know your device brand name.
- **Blood Products:** If you are unable or unwilling to accept blood products in an emergency, please call The Duke Center for Blood Conservation at (919) 668-2467 one week before your appointment.
- **Children:** We discourage children in patient care areas. Please arrange for childcare in advance.
- You will need to complete a pre anesthesia appointment before your procedure. This appointment may be either in-person or via a telephone call.

## COLONOSCOPY WITH SUPREP™ PREPARATION INSTRUCTIONS

For your procedure, you will need to drink a laxative solution to clean your colon. You must drink the entire solution for the most effective cleansing. **Read these instructions completely before beginning the preparation!** SuPrep™ is a preparation that **REQUIRES A PRESCRIPTION**.

A prescription **will be sent to your pharmacy ONE WEEK before your procedure**. You will need to pick-up your prescription at your pharmacy. If you have any questions about your prescription, please call Duke GI Access Center at 919-684-6437 with this information.

Duke Medicine follows the recommendation of the American College of Gastroenterology (ACG). This group recommends splitting the dose of colonoscopy bowel preps. The first dose is to be taken the night before the colonoscopy. The second dose is to be taken the day of this exam. Literature shows split-dose preps have better prep quality, tolerance, and a decrease in missed cancers.

### **SEVEN (7) TO TEN (10) DAYS BEFORE YOUR PROCEDURE:**

Duke GI will contact you by telephone or MYchart message to confirm your procedure appointment. This telephone call will not last long. If we are not able to reach you, please return the call as soon as possible. It is very important we speak with you to confirm your procedure location, date and procedural arrival time.

### **FIVE (5) DAYS BEFORE YOUR PROCEDURE:**

Begin a low fiber (restricted-residue) diet. *Please see list of foods allowed.*  
Stop fiber supplements such as Metamucil, Citrucel and Fiberall.

### **Purchase:**

- Preparation Prescription:** SUPREP Kit™
- Simethicone** (Gas-X®, 125 mg): 4 tablets
- Clear liquids** (see list below for examples) \*Liquids should **not** be red or purple in color
- Pre-moistened wipes. These may prevent skin soreness

### **ONE (1) DAY BEFORE COLONOSCOPY:**

**8:00 am (or upon waking up): DO NOT eat ANY Solid Food. Drink only clear liquids (see list)**

**5:00 pm:** Open the Suprep Kit. Pour Bottle 1 of the solution, into the clear cup provided. Add water to the marked fill line. Drink over 30 minutes until it is gone. Continue to drink clear fluids. Drink at least one 8 ounce glass of clear fluid every hour until bed.

**5:00 pm** Take Simethicone 2 tablets with water

### **Reminders:**

\*If you have nausea, slow down the pace of drinking. You may take a short break. Then start drinking from the container again. **\*It is important to continue drinking clear liquids until bedtime.\***

**DAY OF COLONOSCOPY:**

**4 hours before you leave for your procedure:** Take bottle 2 and add to clear cup provided. Add water to the marked fill line. Drink over 30 minutes until it is gone. Keep drinking clear liquids (water, apple juice) until 2 hours before your arrival time. Follow the recommendations on the front page about your medicines.

**4 hours before your leave for your procedure:** Take Simethicone 2 tablets with water

**\*It is important to continue drinking clear liquids\***

**2 hours before scheduled procedure:** Take scheduled medicines with small sips of water. Then **STOP** taking anything by mouth.

**CLEAR LIQUID DIET LIST**

**Do NOT drink anything that is RED or PURPLE color**

**Beverages:**

Soft drinks – orange, ginger ale, Sprite, 7-Up, Gatorade

Fruit juices without pulp – apple, white grape

Water

**Soups:**

Low-sodium chicken or beef bouillon/broth or bone broth

Low-sodium chicken or beef bone broth or bone broth

Vegetable or soy broth

**Desserts:**

Jell-O (lemon, lime, orange; no fruit or toppings)

Popsicles (no sherbet or fruit bars)

| <b>Low Residue (Low Fiber) Diet</b>  |   |  |
|--------------------------------------|---|--|
| <b>Food Group</b>                    | <b>Foods Allowed</b>  | <b>Foods to Avoid</b>  |
| <b>Milk and dairy</b>                | Milk and milk products. Includes: <ul style="list-style-type: none"> <li>▪ cow's milk</li> <li>▪ ice cream</li> <li>▪ yogurt</li> <li>▪ cheese</li> <li>▪ cream</li> </ul>  | <ul style="list-style-type: none"> <li>▪ fruited yogurt</li> <li>▪ any ice cream or cheese with nuts or seeds</li> <li>▪ any milk products if you are lactose intolerant</li> </ul>  |
| <b>Beverages</b>                     | <ul style="list-style-type: none"> <li>▪ coffee and tea</li> <li>▪ carbonated beverages</li> <li>▪ apple juice</li> <li>▪ strained juice</li> <li>▪ bottled water</li> <li>▪ tomato juice</li> <li>▪ fruit drinks without pulp, such as fruit punch</li> <li>▪ Kool-Aid or Hi-C (no red or purple)</li> <li>▪ nutritional supplements without added fiber, such as Boost or Ensure</li> </ul>   | <ul style="list-style-type: none"> <li>▪ any beverage containing pulp or seeds, such as orange or grapefruit juice</li> <li>▪ prune juice</li> <li>▪ nutritional supplements that contain fiber</li> </ul>   |
| <b>Breads, cereals, and starches</b> | <ul style="list-style-type: none"> <li>▪ refined breads, rolls, bagels, English muffins, pita bread, biscuits, muffins, crackers, pancakes, waffles, or pastry</li> <li>▪ refined cooked and cold cereals such as hominy grits, farina, cream of wheat or rice, strained oatmeal, Cheerios, Corn/Rice Chex, Cornflakes, Rice Krispies, Special K</li> <li>▪ potato and sweet potato without skin</li> <li>▪ white rice</li> <li>▪ refined pasta</li> <li>▪ refined pasta</li> </ul> | <ul style="list-style-type: none"> <li>▪ whole grain breads, cereals, and pasta</li> <li>▪ oatmeal</li> <li>▪ granola</li> <li>▪ any bread, cereal, cracker, or pasta made with seeds, nuts, coconut, or raw or dried fruit</li> <li>▪ corn bread</li> <li>▪ graham crackers</li> <li>▪ brown rice</li> <li>▪ wheat germ</li> <li>▪ bran</li> <li>▪ sprouted wheat</li> <li>▪ wild rice</li> <li>▪ barley</li> <li>▪ potato skins</li> </ul> |

| <b>Low Residue (Low Fiber) Diet</b> |  |  |
|-------------------------------------|--|--|
| <b>Food Group</b>                   | <b>Foods Allowed</b>   | <b>Foods to Avoid</b>  |
| <b>Fruits</b>                       | <ul style="list-style-type: none"> <li>▪ <b>canned or cooked</b> fruit without skins or seeds (peaches, pears, apricots, apples)</li> <li>▪ applesauce</li> <li>▪ ripe banana</li> <li>▪ jellied cranberry sauce</li> </ul>                                    | <ul style="list-style-type: none"> <li>▪ raw fruit (bananas are okay)</li> <li>▪ canned pineapple, oranges, grapefruit sections, mixed fruit</li> <li>▪ dried fruit</li> <li>▪ all berries, melons</li> <li>▪ whole cranberry sauce</li> <li>▪ avocado</li> <li>▪ coconut</li> </ul>   |
| <b>Vegetables</b>                   | <ul style="list-style-type: none"> <li>▪ tender, well cooked fresh, canned and frozen vegetables without seeds such as peeled carrots, green beans, and beets</li> <li>▪ strained vegetable juice</li> <li>▪ strained tomato juice</li> </ul>                  | <ul style="list-style-type: none"> <li>▪ <b>all raw vegetables</b>, such as lettuce, onion, celery, cucumber, mushrooms, scallions, etc.</li> <li>▪ vegetables with seeds</li> <li>▪ <b>tough, fibrous cooked vegetables</b> such as: artichokes, asparagus, broad beans, broccoli, cauliflower, brussel sprouts, celery, corn, cucumber, eggplant, mushrooms, onion, peas (green peas), sauerkraut and cabbage, spinach, tomatoes, zucchini summer squash, winter squash</li> </ul> |
| <b>Meat and meat substitutes</b>    | <ul style="list-style-type: none"> <li>▪ cooked, tender fish, poultry, beef, lamb, pork, ham, veal, organ meats</li> <li>▪ eggs</li> <li>▪ cheese</li> <li>▪ tofu</li> <li>▪ tuna fish</li> <li>▪ smooth peanut butter and other smooth nut butters</li> </ul> | <ul style="list-style-type: none"> <li>▪ non-tender meats</li> <li>▪ gristle</li> <li>▪ hot dogs</li> <li>▪ salami, cold cuts</li> <li>▪ meat substitutes made with whole grains, nuts, or seeds</li> <li>▪ dried beans, peas, lentils</li> <li>▪ crunchy style peanut butter and other crunchy nut butters</li> </ul>   |
| <b>Miscellaneous</b>                | <ul style="list-style-type: none"> <li>▪ salt, sugar, ground or flaked herbs and spices</li> <li>▪ vinegar</li> <li>▪ ketchup and mustard</li> <li>▪ soy sauce</li> <li>▪ jelly (but not jam or preserves)</li> </ul>  | <ul style="list-style-type: none"> <li>▪ pepper</li> <li>▪ seed spices</li> <li>▪ seeds and nuts</li> <li>▪ coconut</li> <li>▪ popcorn</li> <li>▪ jams or preserves</li> <li>▪ pickles and olives</li> </ul>   |