



Birns, Gloger, Witten, Bhinder & Strongin, MD

Patient Name: _____

INSTRUCTIONS FOR COLONOSCOPY SUPREP

Date: _____ Time of Procedure: _____

Arrival Time: _____ with Dr. _____

Location: _____ **Urbana GI Endoscopy Center** – Phone # 240-436-6440
3280 Urbana Pike # 104 Ijamsville, MD 21754

_____ **GIEA** – Phone # 301-340-8099
15005 Shady Grove Rd # 200 Rockville, MD 20850

_____ **Shady Grove Hospital, Outpatient**–Phone # 240-826-7541
9901 Medical Center Dr Rockville, MD 20850

You must have someone drive you home. If you plan to take a taxi home, you must have someone accompany you. You will be ready to be discharged about ½ to 1 hour after your procedure is complete.

Please leave all valuables and jewelry at home. Please refrain from wearing cologne, perfume or lotions.

You will receive a pre-op call prior to your procedure. If you do not, please call the office/center and make them aware.

Please remember we require 72 hours notice for cancellations or rescheduled appointments. If you fail to give 72 hours notice you may be charged a cancellation fee.

ONE WEEK BEFORE THE PROCEDURE

There are some medications to be held prior to your procedure.

- **Aspirin or Aspirin products** (including Excedrin) should be held for 1 week prior to the procedure. If prescribed by a physician, consult with that doctor first about your ability to safely hold these medications.
- **NSAIDS (Nonsteroidal Anti-Inflammatory Drugs)** such as Advil, Motrin, Aleve, etc. should be held for 3 days prior to the procedure.
- **Prescribed NSAIDS** (Voltaren, Relafen, Celebrex, Indocin, etc) should be discussed with your prescribing physician to see if you can safely hold for 3 days prior to procedure.
- **Blood Thinners** (Coumadin, Plavix, Persantine, Pradaxa, Xarelto, Aggrenox, etc.) should be discussed with your prescribing physician to see if they can be safely held and an appropriate time to stop them.

- All diabetic patients taking **insulin/oral hypoglycemic medications** should contact your prescribing physician regarding holding these medications prior to your procedure.

You need to purchase the following products to take the day before your procedure:

1 Suprep Bowel Prep Kit (Prescription)

*****10 oz. bottle of Magnesium Citrate in case your bowels are not running clear in the morning**

5 DAYS PRIOR TO THE PROCEDURE

Stop eating foods high in fiber including nuts, corn, popcorn, raw fruits/ vegetables and bran as well as taking fiber supplements. ***Cooked fruits and vegetables are acceptable.***

DAY BEFORE THE PROCEDURE

You must be on a clear liquid diet the day before AND day of your procedure (NO SOLID FOOD).

DO NOT drink milk or milk shakes

DO NOT drink alcoholic beverages.

Any of the following clear liquids are acceptable:

- Water
- Strained fruit juices (without pulp) including apple, white grape or white cranberry
- Limeade or lemonade
- Coffee or tea (DO NOT use any dairy or non-dairy creamer)
- Clear broth (beef, chicken or vegetable) with or without salt or pepper
- Gatorade, PowerAde or vitamin water type products

If your procedure is before 11 am:	
At 4:00 pm the day before your procedure	1. Pour one (1) 6 oz. bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16-oz. line on the container and mix. 2. Drink ALL the liquid in the container. 3. Then, you MUST drink two (2) more 16 oz. containers of water over the next hour.
At 9:00 pm the day before your procedure	Repeat steps 1-3 with the second bottle of SUPREP liquid.
If your procedure is after 11 am:	
At 7:00 pm the day before your procedure:	Do steps 1-3 with the first bottle of SUPREP liquid.
At 6:00 am the day OF your procedure.	Repeat steps 1-3 with the second bottle of SUPREP liquid.

The purpose of this prep is to clean your colon. Your bowel movements should **NOT** be solid, cloudy/light colored watery stool is acceptable. **We recommend coating the rectal area with **VASELINE** to protect the skin from chaffing while prepping. *****You must be totally fasting 4 hours before the procedure. This means you may have nothing to eat, drink, smoke, or chew 4 hours prior to the procedure.**

Time of Procedure	Nothing After	Time of Procedure	Nothing After
8:00 a.m.	4:00 a.m.	12:00 p.m.	8:00 a.m.
9:00 a.m.	5:00 a.m.	1:00 p.m.	9:00 a.m.
10:00 a.m.	6:00 a.m.	2:00 p.m.	10:00 a.m.
11:00 a.m.	7:00 a.m.	3:00 p.m.	11:00 a.m.

If any problems or questions arise, please call our office at 301-251-1244 during normal business hours.