Instructions for Preparing for a Colonoscopy

Please review one week prior to your procedure.

You will need the following:

- 1 SUPREP BOWEL PREP KIT (BY RX ONLY)  Pharmacy- _________________________

*SUPREP instructions: STEPS 1-4

STEP 1: Pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container.
STEP 2: Add cool drinking water to the 16-ounce line on the container and mix.
STEP 3: Drink ALL the liquid in the container.
STEP 4: You must drink two (2) more 16-ounce containers of water over the next 1 hour.

The day before your Colonoscopy

Diet Instructions:
- From the time you get up in the morning and up until 12:00pm (Noon) eat a soft food diet. (eggs, smooth yogurt, Ensure)
- After 12:00pm (Afternoon) begin a clear liquid diet. You must stay on your clear liquid diet for the rest of the day.

Bowel Preparation: please follow these directions- do not follow the directions on SUPREP box
- Before going to bed complete STEPS 1-4* (above) using one (1) 6-ounce bottle

The day of your Colonoscopy

Do not eat anything. You may continue to take clear liquids up to 4 hours before your appointment. You must have an empty stomach at the time of your procedure. NO GUM, HARD CANDY, COUGH DROPS

- 5 hours before your appointment time: repeat STEPS 1-4* using the other 6-ounce bottle. (NOTE: You must finish drinking the final glass of water at least 4 hours before your procedure.)
- 2 hours before your appointment, take your AM medications (blood pressure, seizure) with only a tiny sip of water.

APPOINTMENT

Hudson Valley Endoscopy Center-
400 Westage Business Center Drive Fishkill, NY
845-896-3636 You must call after 2pm the day before your procedure for your arrival time

St. Francis Hospital-
241 North Road, Poughkeepsie
845-431-8844 You must call after 2pm the day before your procedure for your arrival time

Dutchess Ambulatory Surgical Center –DASC
23 Davis Avenue, Poughkeepsie
845-473-6144 You must call after 2pm the day before your procedure for your arrival time

Vassar Brothers Medical Center – VBMC
Reade Place, Poughkeepsie (Report to Out Patient Registration)
845-431-5658 VBMC will call you after 5:00pm on the day before your procedure with your arrival time.
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TIPS FOR A SUCCESSFUL COLONOSCOPY PREP

- Preparing for a colonoscopy may be uncomfortable and time-consuming. Here are some things you can do to help it go as smoothly and comfortably as possible.
- Make sure you receive your colonoscopy instructions well before your procedure date and read them completely as soon as you get them. You'll need to stop certain medications up to a week ahead of time. This is also a good time to call your doctor with any questions and to buy your bowel prep he or she prescribed. Pick up some medicated wipes (for example, Tucks or adult wet wipes with aloe and vitamin E). You are going to be experiencing high-volume, high-velocity diarrhea.
- Water can get boring, so keep a variety of clear liquids on hand. You can have popsicles, Jell-O, clear broth, coffee or tea (without milk or creamer), soft drinks, Italian ice, or Gatorade. Take nothing with blue, red or purple dye.
- In order to prevent hunger, some patients drink liquid Sustacal or Ensure, nutritional supplements available over the counter in pharmacies. You can drink up to 4 cans up until midnight. (Sustacal and Ensure are not clear, but are completely absorbed in the small bowel and are okay)
- We suggest that you stop smoking as far in advance of your procedure as possible.

Can I take my current medications?
Most medications can be continued as usual, but some medications can interfere with the preparations or the examination. Inform us about medications you are taking, particularly aspirin products, arthritis medications, anticoagulants (blood thinners), insulin, or iron products.

What about Vitamins/Supplements?
STOP. You should stop taking your multi-vitamins, minerals, supplements, especially Iron for at least five (5) days prior to your procedure.

What about Aspirin?
STOP ASPIRIN. Most patients who are taking aspirin for routine preventative reasons may stop taking aspirin seven days prior to your procedure. However, if you have been advised to take aspirin due to a recent cardiac event, stroke, or other blood disorder, please speak with your doctor prior to stopping your aspirin.

What about Plavix (clopidogrel)?
STOP PLAVIX (clopidogrel). Your doctor will advise you when you should stop taking your Plavix (clopidogrel) before your colonoscopy. If you have any questions or concerns about stopping the medication, please consult your cardiologist or the doctor who prescribed the medication to you. Please make sure you have notified our office if you are taking Plavix prior to your procedure.

What about Coumadin (warfarin)?
STOP COUMADIN. Your doctor will advise you when you should stop taking your Coumadin (Warfarin) prior to your procedure. You may need to have a blood test the day before your procedure. Please consult your cardiologist or the doctor who prescribed the medication to you. Please make sure you have notified our office if you are taking Coumadin prior to your procedure.

What about Pradaxa (dabigatran)?
STOP TAKING PRADAXA (DABIGATRAN). Your doctor may advise you to stop the Pradaxa 36 HOURS BEFORE YOUR TEST. Please consult your cardiologist or the doctor who prescribed the medication to you. Pradaxa (dabigatran) has an extremely short half-life (active duration in the body), unlike Coumadin, which means the blood thinning effect is gone after 24-36 hours after stopping the medication. Please make sure you have notified this office that you are taking Pradaxa.
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What about anti-inflammatory medicine (NSAID) like Motrin, Aleve, Advil, Ibuprofen, Naprosyn, or Naproxen?
STOP all NSAIDs five (5) days prior to your procedure. If you are taking any of these medications as prescribed by another physician, please notify this office. You may take TYLENOL (as directed) up to the day of your procedure.

What if I use inhalers for Asthma or other breathing problems?
Please use your inhalers as you would normally use them. Also, please be sure and bring all of your inhalers to your procedure, as you may be asked to use them just prior to your exam.

What if I take diabetes medicine?
- If you have diabetes and have an appointment before noon, do not take your diabetes medicine on the morning of your test.
- If you have diabetes and have an afternoon appointment, take half of your diabetes medicine before the test.
- You will resume these medicines after the test.
- Please bring your glucose meter with you to your test.
- Continue to measure your blood sugar levels as normal or if needed during the prep process.

What if I take blood pressure medicine?
If you take blood pressure medicine, be sure to still use the medicine while preparing for the test. On the day of your test, you should take your blood pressure medicine with a tiny tiny sip of water at least 2 hours before the test.

Do I need antibiotics?
PROBABLY NOT. If you have taken antibiotics prior to dental work or surgery you may need antibiotics, but current guidelines do not recommend antibiotics for most patients.

Will the prep make me sick?
MAYBE. For a successful colonoscopy, you must take your bowel preparation as directed. You may feel bloated, gassy, nauseous, and/or crampy as a result. You can expect to have multiple bowel movements (diarrhea) as you take your bowel preparation. This is normal and will pass.

Will I need a ride home from my procedure?
YES. You will not be able to have your procedure done unless you have a responsible adult accompany you home afterwards. You CAN NOT take a taxi, bus or medical transportation back home unless you are accompanied by a responsible adult. The facility will ask for the name and contact information for that person if they are not with you when you check in. If there is any doubt regarding your arrangement, your procedure will be cancelled.

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<thead>
<tr>
<th>Do you take these medications?</th>
<th>Instructions- Consult with the prescribing Physician before discontinuing your prescription medication</th>
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<tbody>
<tr>
<td>Blood Thinners : Coumadin, Plavix, Pradaxa Ticlid………………………………</td>
<td>□Yes □No □Yes, STOP Blood Thinner FOR ______days prior to procedure</td>
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<tr>
<td>Aspirin………………………………</td>
<td>□Yes □No □Yes, STOP Aspirin FOR ______days prior to procedure</td>
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<td>Advil, Motrin, Ibuprofen, Aleve, etc……….</td>
<td>□Yes □No □Yes, STOP FOR 5 days prior to procedure</td>
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<td>Herbal Supplements; Vitamins and Minerals; Iron or Iron supplements …….</td>
<td>□Yes □No □Yes, STOP FOR 5 days prior to procedure</td>
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<td>Fiber supplements such as Citrucel, Metamucil, and Fiber Con ………………..</td>
<td>□Yes □No □Yes, STOP FOR 2 days prior to your procedure</td>
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