



## Colonoscopy: How to prepare with SUPREP® if you have constipation

Please check in for your colonoscopy with Dr. \_\_\_\_\_

on (Day) \_\_\_\_\_, (Date) \_\_\_\_/\_\_\_\_/\_\_\_\_ at (Time) \_\_\_\_\_.

For procedures being done at Iowa Methodist Medical Center, you will be called the day before with a check-in time.

### MEDICATION CHANGES

You may need to stop or adjust blood thinning or diabetes medicines before your procedure. Call our office if you have not received instructions.

// **Blood thinning medicines** - like prasugrel (Effient®), warfarin (Coumadin®), clopidogrel (Plavix®), dabigatran (Pradaxa®), rivaroxaban (Xarelto®), apixaban (Eliquis®), enoxaparin (Lovenox®), or ticagrelor (Brilinta®). Aspirin use should continue unless instructed otherwise.

// **Diabetes medicines** - your diabetes medicine and blood sugar testing may need to be changed during your prep time. Please call your primary care provider for guidance.

### 7 DAYS BEFORE Date \_\_\_\_/\_\_\_\_/\_\_\_\_

#### Arrange for a Licensed Driver.

Must be at least 18 years old and have a cell phone.

### 5 DAYS BEFORE Date \_\_\_\_/\_\_\_\_/\_\_\_\_

#### START a low residue diet.

##### CHOOSE these types of food:

- // White bread, pasta or rice.
- // Low fiber cereal (puffed rice, cream of wheat, corn flakes).
- // Canned or cooked fruits and vegetables without seeds or skin.
- // Yogurt (no seeds or berries), cottage cheese, or eggs.
- // Tender, well cooked or ground meat without gristle.
- // Plain crackers, cookies or cakes.

##### AVOID these types of food:

- // Corn, popcorn, seeds, or nuts.
- // Uncooked vegetables, beans, lentils, potato skins.
- // Fruits with skins or seeds.
- // Whole grain breads, granola or high fiber cereals.

#### For more information on low residue diets, please visit:

[www.iowaclinic.com/gastroenterology/specialties/endoscopy-center/patient-information](http://www.iowaclinic.com/gastroenterology/specialties/endoscopy-center/patient-information)

### 3 DAYS BEFORE Date \_\_\_\_/\_\_\_\_/\_\_\_\_

#### PICK UP BOWEL PREPARATION from your pharmacy:

- // SUPREP® prescription.
- // One bottle of liquid magnesium citrate (over the counter).

#### Stop these medications:

- // Fiber or iron supplements (like Metamucil®, Citrucel®, or Benefiber®).
- // Anti-diarrhea medicines (like Kaopectate®, Lomotil®, Pepto-Bismol® and Imodium® or loperamide).

**2 DAYS BEFORE** Date \_\_\_\_/\_\_\_\_/\_\_\_\_

**START a clear liquid diet:**

**CHOOSE** these types of liquid:

- // Water and soda
- // Tea or coffee without milk or cream
- // Clear broth (beef, chicken or vegetable)
- // Clear, light colored juices or sports drinks
- // Popsicles without fruit or cream
- // Jell-O or gelatin without fruit

**AVOID** these types of food:

- // Red or purple liquids
- // Milk or cream
- // Alcoholic beverages
- // Orange, grapefruit and tomato juice
- // Soup other than clear broth

**6 PM** (Two Nights BEFORE Procedure):

- // Drink bottle of magnesium citrate.
- 

**1 DAY BEFORE** Date \_\_\_\_/\_\_\_\_/\_\_\_\_

**CONTINUE clear liquid diet.**

**6 PM** (Evening BEFORE Procedure):

- // Pour **ONE** (1) 6-ounce bottles of SUPREP® liquid into the mixing container; add cool drinking water to the 16-ounce line in the container and mix.
  - // Drink **ALL** of the liquid in the container.
  - // You **MUST** drink **TWO** (2) 16-ounce containers of water over the next hour. It may be helpful to use a straw.
  - // You will have diarrhea 1-2 hours after drinking the solution.
  - // You may still drink clear liquids.
  - // You may take your medications with a small sip of water (except those you were instructed to hold). Take your medications at least one hour before or after drinking your prep.
- 

**DAY OF PROCEDURE** Date \_\_\_\_/\_\_\_\_/\_\_\_\_

**DO NOT** eat any solid food. You may continue drinking clear liquids.

**DO** take your heart or blood pressure medication the morning of the exam.

**3 HOURS PRIOR** to your check in time

- // Pour **ONE** (1) 6-ounce bottle of SUPREP® liquid into the mixing container; add cool drinking water to the 16-ounce line on the container and mix.
- // Drink **ALL** of the liquid in the container.
- // You **MUST** drink **TWO** (2) 16-ounce containers of water over the next hour.
- // Your stools should be clear/yellow and watery in appearance. Flecks of stool are OK.  
If you are still passing solid or brown, call us at 515.875.9115

**2 HOURS PRIOR** to your check in time

- // You **MUST** be done drinking all fluids.

**CLEAR LIQUIDS ARE ALLOWED UP TO TWO HOURS BEFORE YOUR PROCEDURE.  
PLEASE AVOID RED OR PURPLE LIQUIDS.**

## **SPECIAL INSTRUCTIONS**

- // Individual coverage benefits vary. You are responsible for checking with your insurance regarding your benefits and any required prior authorization.
- // Your test will be rescheduled if you do not have a driver 18 years or older available at drop off.

## **WHAT TO DO/BRING ON THE DAY OF YOUR PROCEDURE**

- // Insurance Cards/Photo ID/Advance Directive if available
- // List of medications/surgeries
- // Any inhalers or CPAP/BiPAP
- // Wear comfortable clothing/no underwire bras
- // Do not bring valuables such as jewelry

## **WHAT TO EXPECT**

- // Approximate length of stay is 2-3 hours. Your driver may leave after drop off and will be instructed when to return. Remind them to bring a cell phone.
- // Please note, marijuana use the day of your procedure will be prohibited and will result in your procedure being rescheduled.

## **QUESTIONS?**

Your questions are important to us. Please utilize our website for more information:  
**[www.iowaclinic.com/prep-instructions](http://www.iowaclinic.com/prep-instructions)**.

You may also send us a message using your MyHealth portal or call 515.875.9115 with any questions or concerns.

## **ABOUT THE IOWA CLINIC ENDOSCOPY CENTER**

The Iowa Clinic Endoscopy Center is an Ambulatory Surgery Center, not an office. Please be advised that you will receive two bills - a physician fee and a facility fee.

The center suspends Advance Directives while you are here. However, if you have an Advance Directive, please bring it with you.

## **LOCATIONS & PARKING**

### **❑ The Iowa Clinic Endoscopy Center**

5950 University Avenue, West Des Moines, IA 50266  
**515.875.9145**

Please park and enter at Entrance 1 on the north side of the clinic. If you have a check-in before 7am, please call us upon arriving and a staff member will meet you at the entrance to let you in.

### **❑ Iowa Methodist Medical Center**

1200 Pleasant Street, Des Moines, IA 50309  
**515.241.4373**

Please park on north side of building and enter at the Main Entrance.