

# GASTROENTEROLOGY ASSOCIATES OF CENTRAL JERSEY, P.A.

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## SUPREP COLONOSCOPY PREPARATION

DATE: \_\_\_\_\_ REGISTRATION TIME: \_\_\_\_\_

- LOCATION:  Oak Tree Surg. Ctr., 1931 Oak Tree Rd. Edison, N.J. 08820 Main Level  
 Florham Park Surg. Ctr., 83 Hanover Rd., Ste. 100, Florham Park, NJ 07932  
 Union Surg. Ctr., 1000 Galloping Hill Rd. Union, N.J. 07083  
 May Street Surg. Ctr., 205 May St., Ste. 103, Edison, N.J. 08837  
 J.F.K. Medical Center, 65 James St. Edison, N.J. 08820

The following items ***must be purchased from*** your local pharmacy for your preparation:

- **ONE (1)** Suprep Bowel Prep Kit [with prescription]
- **ONE (1)** FLEET Ready-to-use Enema (4 ½ fl.oz.) [over-the-counter]

The following items are ***optional***:

- Drinking straws
- Plain or Aloe Baby Wipes (prevents a sore bottom)
- Desitin or A&D ointment (prevents a sore bottom)

### FIVE (5) DAYS BEFORE EXAMINATION:

1. Stop all **ASPIRIN PRODUCTS** (i.e. Alleve, Advil, Motrin, Bayer, Ecotrin, Ibuprofen, Naproxyn, etc.) and **BLOOD THINNERS** (i.e. Coumadin, Plavix, Heparin, etc.).
  - If you have an artificial heart valve, you need to talk to your primary care physician or cardiologist about using an alternative anticoagulant.
2. **TYLENOL** (and other brands containing ACETAMINOPHEN) is **OK** as a pain reliever.

**\*\* ALL OF THE ABOVE SHOULD BE FOLLOWED TO MINIMIZE RISK OF SERIOUS BLEEDING IF A POLYP IS REMOVED \*\***

### DAY BEFORE EXAMINATION:

1. Have a *clear* LIQUID diet throughout the entire day: **\*\* NOTHING RED OR PURPLE \*\***  
Things that are OK to drink/eat:
  - Strained **clear** fruit juice **without pulp**
  - Water, Gatorade, PowerAde, soft drinks (ginger ale, sprite)
  - Coffee or tea **without milk or creamer**
  - Plain jell-o **without fruit or toppings**
  - Ice popsicles (no sherbet or fruit bars)
  - Fat free / Low sodium clear broth (nothing greasy or chunks)

Do **NOT** eat any solid food while on this diet. Do **NOT** drink alcohol. **NO** dairy products.

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2. **At 5:00 p.m.**, take one of the SUPREP bottles and pour solution into the mixing container. Then add cold drinking water to the 16 oz. fill line on the container and mix. Drink all of the liquid in the container. You must drink an additional 32 oz. of clear liquid over the next hour.

#### DAY OF EXAMINATION:

1. DO NOT EAT ANYTHING THIS DAY!!
2. If you take any blood pressure or heart medication, please take your regular dose with very small sips of water.
3. At  **A.M.**, take the other SUPREP bottle and pour solution into the mixing container. Then add cold drinking water to the 16 oz. fill line on the container and mix. Drink all of the liquid in the container. You must drink an additional 32 oz. of clear liquid immediately.

#### **NO MORE FLUIDS BEYOND THIS POINT!!!**

4. At  **A.M.** use the **FLEET ENEMA** once before leaving for the examination.

- ❖ **NO BLOOD THINNERS** (i.e. COUMADIN, PLAVIX, HEPARIN, etc.) **OR ASPIRIN PRODUCTS** (i.e. ALLEVE, ADVIL, MOTRIN, BAYER, ECOTRIN etc.) **FIVE DAYS PRIOR TO TEST.**
- ❖ **TYLENOL** (and other brands which contain ACETAMINOPHEN) IS **O.K. TO TAKE!!!**
- ❖ YOU **MUST** HAVE SOMEONE TO **DRIVE YOU HOME.**
- ❖ PLEASE LEAVE ALL **JEWELRY** AT HOME.
- ❖ PLEASE BRING YOUR **INSURANCE CARD & PHOTO ID.**
- ❖ PLEASE BRING **COMPLETED PATIENT INFORMATION PACKET** (IF NEEDED).
- ❖ PLEASE AVOID EATING FLAXSEED, NUTS, SEEDS, POPCORN, GRAPES, GREEN PEAS, BEANS, & TOMATOES; THEY CAN CLOG THE COLONOSCOPE.

#### **Commonly asked Questions:**

➤ ***How do I know if my prep is adequate?***

The stool should be watery in consistency. It does not have to be clear in color like water since digestive juices will continue to tint the stool yellow and small flecks of debris are not a problem as long as the stool is not muddy or thick. If there is any question, you can self administer a tap water or fleet enema prior to leaving home for the procedure.

➤ ***What side effects may I expect?***

Since the prep works by flooding the intestinal tract with fluid, abdominal bloating and cramping may occur, as well as some nausea and vomiting. This is usually temporary, and as the diarrhea develops, symptoms will gradually improve. Weakness can also occur, especially if you have not taken enough fluid with the prep, and can be remedied by increasing fluid intake.

➤ ***Will the prep interfere with my other medications?***

Medications taken at least an hour before beginning the prep should be adequately absorbed, but thereafter, they are likely to be washed away by the prep.

Please be aware that this procedure will be taking place at an ambulatory surgical center. Therefore, please be advised that all of your **AMBULATORY SURGICAL IN-NETWORK BENEFITS** such as co-pays, deductibles, and co-insurances will apply. We strongly recommend that you contact your insurance company to most accurately verify your benefits. **This is NOT an office procedure.**