

## COLONOSCOPY PREPARATION INSTRUCTIONS FOR SUPREP AND DULCOLAX

PATIENT: \_\_\_\_\_ ARRIVAL TIME: \_\_\_\_\_

DATE: \_\_\_\_\_ PROCEDURE TIME: \_\_\_\_\_

### PLEASE READ THESE INSTRUCTIONS AT LEAST 1 WEEK PRIOR TO YOUR COLONOSCOPY

- Following this schedule will prepare you for a safe experience. The cleaner the colon, the better the exam
- A copy of these instructions can be found online at the following link:  
[http://menloclinic.com/content/dam/menloclinic/2018\\_SuprepDulcolax\\_Instructions.pdf](http://menloclinic.com/content/dam/menloclinic/2018_SuprepDulcolax_Instructions.pdf)

## BOWEL CLEANSING AGENTS

### These are to be purchased AT YOUR PHARMACY

1. Suprep prescription and 1 box of Dulcolax tablets. **Dulcolax tablets need to be purchased over the counter.**
2. OPTIONAL: A&D ointment, Petroleum Jelly (used to prevent anal irritation during prep)



## 5 DAYS PRIOR TO PROCEDURE

### STOP:

1. All seeds, nuts, whole grains (quinoa, barley, flaxseed, brown rice), grapes, peas, onions, beans, tomatoes with skins

### CONTINUE:

1. Aspirin (81 or 325 mg)
2. NSAIDS (Ibuprofen, Naproxen, Advil, Aleve, Motrin)

# BLOOD THINNING MEDICATIONS

<b>STOP 5 DAYS PRIOR:</b> 1. <b>PLAVIX (COPIDOGREL)</b> 2. <b>EFFIENT (PRASUGREL)</b> 3. <b>TICLID (TICLOPIDINE)</b>	<b>STOP 2 DAYS PRIOR:</b> 1. <b>XARELTO (RIVAROXABAN)</b> 2. <b>ELIQUIS (APIXABAN)</b> 3. <b>PRADAXA (DABIGATRAN)</b>	<b>COUMADIN (WARFARIN):</b> Instructions to be given by anti-coagulation or Coumadin clinic or prescribing physician
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## ONE DAY BEFORE YOUR PROCEDURE

- Clear liquid diet for the entire day (NO RED/PURPLE)
  - Juices: Apple, White grape, Lemonade
  - Broth: Chicken, Beef or Vegetable
  - Soda, Sports drinks, Ensure Clear, Boost Breeze
  - Black coffee (no cream/dairy or powdered creamer), Tea
  - Clear protein supplement: Isopure
- Continue your regular medications
- If you take long acting Insulin (Lantus): Take ½ usual dose

## 4PM-7PM THE DAY BEFORE YOUR PROCEDURE

### When to take SUPREP BOWEL PREP KIT

SUPREP Bowel Prep Kit is taken as a split dose (2-day) regimen. You take the first 6-ounce bottle of SUPREP the evening before your colonoscopy and the second 6-ounce bottle of SUPREP the morning of your colonoscopy. It is important to drink the additional clear liquids as recommended in the Instructions for Use. Both 6-ounce bottles are required for a complete prep.

### Any time between 4:00-7:00 pm

**Take 2 tablets of Dulcolax by mouth. Pour the entire contents of one bottle of SUPREP into the mixing container provided and then fill with a clear liquid of your choice (not red or purple) to the 16 oz fill line and drink the entire contents over 30 minutes-1 hour.**

Drink two (2) additional 16 ounce containers of water/clear liquids over the next 1-2 hours after finishing the initial 16 ounces of the Suprep. This means you need to drink an additional 32 ounces of liquids.

- If you get nauseated or vomit, stop for 30 minutes and resume. If nausea continues, call the on-call GI physician (650) 498-6690 and request a prescription for an anti-nausea medication to be sent to your pharmacy
- Using warm liquids such as chicken/vegetable/bone broth can help prevent chills
- Bowel movements may start within 60 minutes, but may take up to 4-6 hours as well
- Applying petroleum jelly or A&D ointment can minimize anal irritation

## **IF YOU HAVE A 7:30 AM, 8:00 AM, 8:30 AM, 9:00 AM OR 9:30 AM PROCEDURE TIME**

### **AT 11:00 PM THE NIGHT BEFORE**

- Take an additional 2 tablets of Dulcolax by mouth
- Pour the entire contents of the second bottle of SUPREP into the mixing container provided and then fill with a clear liquid (not red or purple) to the 16 oz fill line and drink the entire contents over 30 minutes to 1 hour
- Drink two (2) additional 16 ounce containers of clear liquids over the next 1-2 hours. Total: 32 ounces

## **IF YOU HAVE A 10:00 AM PROCEDURE TIME OR LATER**

### **6 HOURS BEFORE YOUR PROCEDURE TIME**

- Take an additional 2 tablets of Dulcolax by mouth
- Pour the entire contents of the second bottle of SUPREP into the mixing container provided and then fill with a clear liquid (not red or purple) to the 16 oz fill line and drink the entire contents over 30 minutes to 1 hour
- Drink two (2) additional 16 ounce containers of clear liquids over the next 1-2 hours. Total: 32 ounces

## **MORNING OF PROCEDURE**

- Do not take any of your usual diabetic medications. You can take these afterwards.

## **3 HOURS BEFORE YOUR PROCEDURE TIME**

- NO EATING/DRINKING/CHEWING GUM/SUCKING ON HARD CANDY
- NOTHING BY MOUTH NOT EVEN WATER

## **WAVERLEY SURGERY CENTER**

Your procedure will be performed at an outpatient surgery center:

- Waverley Surgery Center 400 Forest Avenue, Palo Alto, CA 94301.  
Phone: (650) 324-0600 Fax: (650) 289-1620. <https://waverleysurgery.com/>

- **PLEASE ARRIVE 1 HOUR BEFORE YOUR SCHEDULED PROCEDURE TIME.** This time is allotted for check-in, review of medical history and placement of IV
- Your entire stay will be between 2-4 hours

**You will need to have a ride home from the surgery center.** This person should be known to you and by law has to be 18 years old. Taxis, trains, Ride sharing services (UBER/LYFT) are acceptable only if you are accompanied by an adult who you know. You cannot leave by yourself or drive yourself unless you choose to have NO MEDICATIONS FOR THE PROCEDURE.

### **What to expect upon arrival for your procedure**

- Prior to the procedure, a nurse will ask you questions to ensure that you understand the procedure and the reason for it and to ensure that you prepared properly for it. Drs. Kwan, Chan or Nguyen will also review the procedure with you.
- The nurse will start an intravenous line to administer medications. The intravenous line is similar to having blood drawn. Your vital signs (blood pressure, heart rate, oxygen saturation) will be monitored closely before, during and after the procedure.
- The colonoscopy will be performed while you are lying on your left side. Medications to help you relax (sedative) and narcotic (to help with discomfort) will be administered intravenously. Some people sleep during the examination, while others are very relaxed, comfortable and awake. This is NOT general anesthesia. This is CONSCIOUS SEDATION.

### **After the procedure**

- Rest for the remainder of the day for your health and safety.
- Do not participate in any activities which require coordination or judgment. You may return to regular activities the day after the procedure.
- Because there is a small risk of bleeding for up to 2 weeks after a polyp is removed during a colonoscopy, please inform your physician if you plan to travel by air after your procedure. We discourage booking an international flight within two weeks after your colonoscopy due to the small chance that a large polyp is removed during the procedure and your physician recommends cancelling the flight.
- Some bloating, gas or mild cramping is normal and should diminish.
- At the conclusion of your procedure, you will receive specific information about findings, post- procedure instructions and precautions

### **FINANCIAL AND COST INFORMATION**

1. There are multiple potential costs associated with a colonoscopy/endoscopy procedure
  - Professional Fee: This is the doctor's fee for performing a colonoscopy. This amount can vary depending on if biopsies/polyps are removed.
  - Facility Fee: This is the cost of having a procedure at a hospital or surgery center. Depending on your insurance, you may be subject to a co-insurance/co-pay.
  - Pathology Fee: If biopsies are performed or polyps are removed, they are sent to Stanford for analysis and there are fees associated with processing and analyzing the specimens.
2. If you wish to obtain a rough estimate of financial responsibility, you will need to contact your insurance company and provide them with the following information:
  - Diagnostic colonoscopy procedure CPT 45378
  - Waverley surgery center
3. BILLING CONTACT
  - Menlo clinic/Stanford Health care: 1-888-924-1036
  - Waverley Surgery Center: 650-324-0600