



# TROY GASTROENTEROLOGY PC

## CENTER FOR DIGESTIVE HEALTH

www.troygastro.com

### COLONOSCOPY (Suprep Preparation)

You must be accompanied by a driver who will register with you, wait with you during your procedure, and drive you home. **Your procedure will be canceled if you have not arranged for this.**

IF YOU NEED TO CANCEL OR RESCHEDULE YOUR PROCEDURE, PLEASE CALL (248)844-9710.

#### THREE-FIVE DAYS PRIOR TO THE COLONOSCOPY

- **NO** iron supplements or vitamins containing iron
- Discontinue Coumadin, check with ordering doctor prior to discontinuing medication
- Continue aspirin and Plavix

#### DAY BEFORE THE COLONOSCOPY

For the day prior to the colonoscopy, you may have a light breakfast, and continue with a “clear liquid diet” the rest of the day. A “clear liquid” means that you can see through it. Solid food, milk, and milk products are NOT allowed. NO alcohol. All items consumed need to be clear, yellow, orange, or green. NOTHING RED, BLUE, OR PURPLE.

##### **Clear liquids include:**

- Water, or sodas – 7-Up, Sprite, cola, ginger ale
- Strained fruit juices, without pulp – Apple, White Grape, Lemonade
- Clear broth or bouillons
- Coffee or tea – without milk or non-dairy creamer
- Gatorade, Kool-Aid, or other fruit-flavored drinks – not red, blue, or purple
- Ice popsicles, or Plain Jell-O without added fruit or topping – not red, blue, or purple

**Same Day Dosage:** (The day prior to the procedure, complete the following steps. Step details are located on the kit box and pamphlet located inside the box.)

- **5:00 PM** – Complete Steps 1-4
- **8:00 PM** – Repeat Steps 1-4

**Split Dosage (Day Prior and Morning of Procedure):** (Generally if your procedure is after 10:00 AM.)

- **6:00 PM Day Prior to Procedure** – Complete Steps 1-4
- **Six Hours Prior to Procedure** – Repeat Steps 1-4. You must finish drinking the final glass of water at least four (4) hours before your procedure.

#### DAY OF THE COLONOSCOPY

- You may have clear liquids until four (4) hours prior to your procedure, and then nothing to eat or drink until after your procedure.
- If you are diabetic -- either **insulin-dependent** or **oral medication** -- you should **NOT** take your insulin or oral medications until after the procedure.
- Please **DO** take any blood pressure, seizure, or heart medications, with a small sip of water the morning of your procedure.
- **\*\* Please bring a list of your medications with you on the day of your procedure. \*\***