

## BEFORE PROCEDURE

### Patient to do list:

Inadequate preparation may result in a limited exam and require repeating the entire procedure. Insurance may not cover a repeat procedure due to poor prep!

### Shopping:

- You have been given a prescription for **Suprep** to fill at your local pharmacy. Please pick this up at least one week before procedure.
- Hard candy or peppermints to use if laxative causes nausea.

### Labs:

Please have any ordered bloodwork drawn the morning before your test. Arrive two hours before your appointment. Report to the GI Lab to have your blood drawn.

- You were given a requisition for your bloodwork.
- You do not need bloodwork at this time.

**NOTE:** Female patients will be required to provide a urine specimen when you arrive to the hospital.

## POST-PROCEDURE CARE

### Results & follow up

- Please go home and rest for the remainder of the day. Do not drive or work for the rest of the day.
- Your physician will discuss test results with you and your family member following the procedure.
- You will be given written instructions for diet, activity, and follow up instructions.
- If biopsies were taken, you will receive results via phone call or mail in about two weeks.
- If the rectal area becomes irritated you may use Anusol or Preparation H cream.

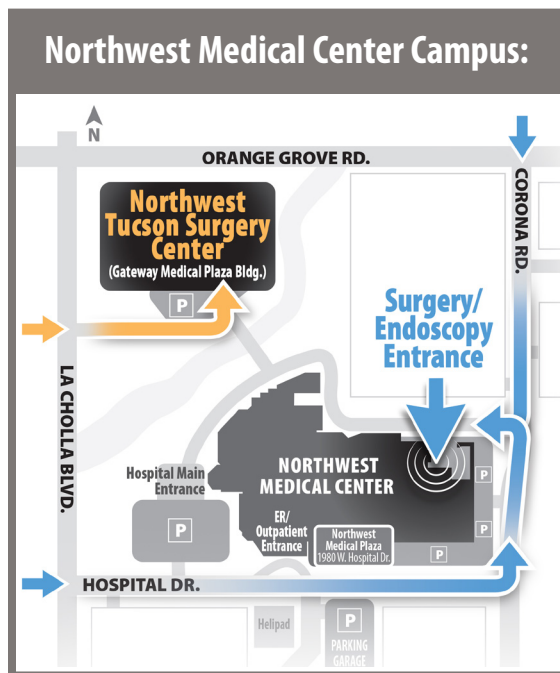
Your procedure will be done at the checked location:

#### Northwest Medical Center Surgery/Endoscopy

(Enter from La Cholla Blvd. at Hospital Drive or from Orange Grove Rd. at Corona Rd.)

#### Northwest Tucson Surgery Center

(Enter from La Cholla Blvd.)



Rizwan Safdar, M.D.

Office:  
520-624-4342



**NORTHWEST**  
GASTROENTEROLOGY  
NORTHWEST HEALTHCARE

## 2-DAY PREPARATION

## SUPREP

Appointment Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Procedure Time: \_\_\_\_\_

Please call a minimum of three business days in advance if you need to cancel your appointment.

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# Colonoscopy

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The purpose of this procedure is to directly visualize the mucosal lining of the colon in order to inspect for disease. The primary risk of colonoscopy is perforation. Overall risk is remote. The administering physician will discuss the risks of sedation on the day of the procedure.

Immediately prior to the passage of the instrument you may be given intravenous medications such as Fentanyl, Versed, or Propofol. If you are allergic to any of these medications, latex or eggs, please be certain you have notified the scheduler.

## MEDICATIONS:

Do not take the following medications **seven days prior** to your procedure: garlic supplements, ginkgo biloba, glucosamine, iron supplements or multi-vitamins containing iron. **Avoid seeds, nuts and popcorn seven days prior to your procedure.**

**If you are taking blood thinning medication** (Plavix, Lovenox, Coumadin, Warfarin, Xarelto, Effient, Brilinta, Ticlid, Eliquis, Pradaxa, Heparin, or Fragmin) *please notify procedure scheduler for additional instructions.* Blood thinners are usually discontinued 3-5 days prior to the procedure.

- **Diabetics:** Take half (1/2) dosage of insulin 24 hours before procedure. No Metformin and Glucophage after midnight the day before procedure. **NO INSULIN, METFORMIN OR GLUCOPHAGE THE DAY OF THE PROCEDURE.**
- Take all other medications as usual, but not within two hours of Suprep.

## 2-DAYS BEFORE PROCEDURE:

The prep may cause multiple bowel movements. Symptoms may occur as soon as 30 minutes to 3 hours after starting prep. Please remain within easy access to toilet facilities.

### 8 a.m.

Take 2 Dulcolax stool softener tablets.  
You may resume meals as normal.

### 6 p.m.

Start clear liquid diet (see list to the right).  
**NO SOLID FOOD**

### 7 p.m.

Take 2 more Dulcolax stool softener tablets.  
You may continue clear liquids.

## 1-DAY BEFORE PROCEDURE:

Continue clear liquid diet (see list to the right).  
**NO SOLID FOOD**

### Noon

Drink first bottle of Suprep  
Continue clear liquid diet.

### 7 p.m.

Drink second bottle of Suprep  
Continue clear liquid diet.

### MIDNIGHT

**NOTHING BY MOUTH AFTER MIDNIGHT**

## DAY OF PROCEDURE:

You must have an adult 18 years or older remain with you during the procedure and drive you home afterward. You may not resume driving or operate any heavy machinery for the remainder of the day.

## CLEAR LIQUID DIET

Any listed items are **NOT TO BE COLORED RED, PURPLE or BLUE**

- Water
- Clear liquid Ensure
- Pedialyte
- Powerade, Gatorade, (lemon-lime flavor), Propel any flavor, or any artificially sweetened powdered drinks (Kool-Aid, Tang, Crystal Light – *no red, purple or blue colors*)
- Carbonated or non-carbonated soft drinks (Sprite, 7-up or Ginger Ale)
- Coffee or tea without milk or creamer
- Strained fruit juices without pulp (apple, white grape, lemonaid)
- **NO** milk or milk byproducts (cheese, yogurt)
- **NO** grapefruit, tomato, V-8, or orange juice
- **NO** alcohol
- Plain Jello (*no red, purple or blue colors*)
- Popsicles (*no red, purple or blue colors*)
- Sorbet that does not contain milk or chunks of fruit
- Clear soups and/or broth (*strain off all vegetables and/ or noodles*)