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INSTRUCTIONS FOR COLONOSCOPY PREP

The colon (large intestine) will be examined with a thin flexible scope. The tube will be inserted in your rectum and moved through your entire colon. Biopsies (tissue samples) maybe taken or polyps removed. Allow yourself to be at the endoscopy center for 2 hours (test takes less than hour). The test is done with sedation and **you must have someone to drive you home.**

If you are on certain medications such as Coumadin, Aspirin, Glypizide, Micronase, Glyburide and Glucotrol, please check with the doctor if you need to hold it prior to your procedure. Patients who are on insulin may need to reduce the dose by half the day before and to check glucose level more often.

Do not take Iron pills (Ferrous Sulfate) 7 days before the procedure.

Do not take foods with seeds (such as poppy, watermelon, cucumbers, tomatoes), celery, seaweed, popcorn and nuts 7 days before procedure.

DAY BEFORE PROCEDURE

Do not eat solid food and do not drink milk on the day before the procedure. You can only be on a clear liquid diet, which includes fruit juices, withot pulp, clear broth or bouillon, plain jello (no red), carbonated and non-carbonated soft drinks, ice popsicles, coffee, tea and fruit flavored drinks.

At 5:00 p.m the day before, take 16 oz of the **Suprep Solution** (may taste better cold) and drink 32 oz or 4 glasses of water over the next hour. You may feel bloated from the liquids and walking will help, but stay near the bathroom. If the **Suprep Solution** taste makes you nauseated, using a straw may help get it down. You may continue drinking any clear liquids after finishing the solution.

DAY OF PROCEDURE

Four (4) hours before your colonoscopy, drink another 16 oz of the **Suprep Solution** and drink 2 glasses of water. Take any blood pressure, asthma and heart medicatons with a little sip of water on the morning of the exam.

Special Instructions:
