

Terry C. Lin, D.O. Inc.
Gastroenterology and Hepatology
Therapeutic Endoscopy
2520 Samaritan Drive, Suite 201 B • San Jose, CA 95124
Tel: (408) 358-6580 • Fax: (408) 358-6515

Colonoscopy Preparation with Suprep

Patient: _____ Procedure Date: _____

Location: _____ Check in: _____

- Conscious Sedation
- MAC

The following instructions must be strictly followed in order to permit an adequate colon evaluation.

Please purchase the following medications from the pharmacy:

- **Suprep**
- **One 10oz bottle of Citrate of Magnesium**

One(1) Day before procedure: _____ Date: _____

****You must be on a clear liquid diet all day.****

- 5:00 pm** *Step 1.* Pour one 6oz bottle of Suprep liquid into the mixing container.
- Step 2.* Add cool drinking water to the 16oz line on the container and mix.
- Step 3.* Drink ALL the liquid in the container.
- Step 4.* You **MUST** drink two(2) more 16oz containers of water or clear liquids over the next 1 hour.

****YOU MAY CONTINUE DRINKING CLEAR LIQUIDS ALL NIGHT****

Day of procedure: _____ Date: _____

4 hours prior Repeat above steps 1-4.

Note: You MUST finish drinking the final glass of water at least 2 hours before your check in time.

Clear Liquid Diet

- Water (plain, carbonated, or flavored - no red or purple)
- Fruit-flavored beverages, such as lemonade (no red or purple)
- Carbonated drinks, including dark sodas (cola and root beer)
- Gelatin (no red or purple)
- Tea or coffee without milk or cream
- Sports drinks (no red or purple)
- Clear fat-free broth (bouillon or consommé)
- Ice pops without milk, or bits of fruit, seeds or nuts

Please remember the following:

You will be sedated for the procedure. You cannot drive yourself home after the procedure.

Please arrange for someone to drive you home that day.

Tylenol is safe to take before procedure. All aspirin and anti-inflammatory medicine should be stopped one week before the procedure.

Please call us if you have any questions about the above instructions or if you need to reschedule.

Please keep in mind that we need to be notified 72 hours prior to your scheduled appointment if you need to cancel or reschedule.

Making the colon cleansing a more tolerable experience

For starters, please remember that the less debris left in your colon, the more sensitive that examination will be in detecting polyps, particularly the flat kind. Without proper preparation the colonoscopy will not be successful and the test may have to be repeated. It is crucial that you read and familiarize yourself with the instructions given to you for your bowel preparation well in advance of your procedure.

The following are some suggestions to help make your preparation easier:

1. Nausea: It is best to start with small sips of the medication. If you feel nauseated or vomit while taking the bowel prep medication, wait 30 min before drinking more fluid. Try not to drink the bowel prep while sitting down, this will increase pressure on your stomach and worsen the nausea.
2. The bowel preparation medication is thicker than water and slightly salty: sipping the bowel preparation medication through a straw will make the process more tolerable. Sucking on hard candy, chewing gum, or even having a few sips of soda in between drinks may be helpful. You will also find that chilling the bowel preparation medication will make drinking it more tolerable.
3. Skin irritation around the anus: Caused by frequent passing of liquid stools and frequent wiping.
 - a) Apply Vaseline ointment to the skin around the anus before drinking the bowel prep.
 - b) Wipe the skin after each bowel movement with wet wipes instead of toilet paper.
 - c) Sitz bath: sit in a warm bath for 10-15 min to soak anal area. blot skin dry and apply Vaseline ointment