

Patient Name: _____ Date of Birth: _____

Procedure Date: _____ Arrival Time: _____ Location: Appalachian Gastroenterology

If you have any questions concerning your colonoscopy or your preparation, please do not hesitate to call us at **828-264-0029**.

If you need to cancel or reschedule your colonoscopy, we ask that you give a 24 hour notice.

Please expect your stay to last 2-4 hours and have your driver readily available after your procedure so that there is not a delay in your discharge.

Blood Thinner Instructions

____ Stop taking Warfarin (Coumadin, Jantoven, Marevan, Lawarin, and Waren) _____ days before your procedure.

____ Stop taking Dabigatran (Pradaxa) _____ days before your procedure.

____ Stop taking Rivaroxaban (Xarelto) _____ days before your procedure.

____ Stop taking Apixaban (Eliquis) _____ days before your procedure.

____ Stop taking Ticagrelor (Brilinta) _____ days before your procedure.

____ Stop taking Prasugrel (Effient) _____ days before your procedure.

____ Stop taking Clopidogrel Bisulfate (Plavix) _____ days before your procedure.

Three Days Before Your Colonoscopy

Stop eating corn, popcorn, flax seeds, foods with seeds or nuts, high fiber foods including whole grain breads, fruits and vegetables. (**See exception below**) Avoid foods containing olestra or Olean (such as fat-free chips and crackers) until after your procedure.

You may eat:

- Beef, chicken, pork, fish, eggs, tofu and tempeh, creamy peanut butter
- White noodles, white rice, non-whole grain breads, crackers, and cereal (all may be regular or gluten free)
- Milk, cheese, yogurt, almond or rice milk
- Plain ice cream, sherbet, fruit ice, custard, plain pudding, hard candy, jelly beans, cakes, and cookies made from white flour (all may be regular or gluten free)
- Cheese or meat pizza
- White potatoes without the skins, vegetable juice without pulp, tomato sauce without seeds, applesauce and bananas

One Day Before Your Colonoscopy **Mon** **Tues** **Wed** **Thurs** **Fri** **Sat** **Sun**

- If you have developed a fever, cough, sore throat or congestion, please contact our office **before** you start your preparation.
- **Women of childbearing age:** See attached pregnancy test instructions.
- **Breastfeeding mothers:** See attached breastfeeding instructions.
- You may have **only clear liquids** throughout the day – no solid food, no dairy products. Avoid red, orange or purple- colored liquids. Try to drink as much clear liquid as you possibly can during the day to minimize dehydration. Listed below are liquids that are allowed:

✓ Water	✓ Coke or Pepsi	✓ Gatorade	✓ Pineapple Jello
✓ Tea	✓ Ginger Ale	✓ White grape juice	✓ Lemon/Lime Jello
✓ Black Coffee	✓ Mountain Dew	✓ Apple Juice	✓ Peach Jello
✓ Sprite or 7-Up	✓ Clear Broth	✓ White cranberry juice	✓ Clear fruit juice popsicles



Preparing for Your Colonoscopy with SUPREP™

- We strongly recommend that you **stay at home** while taking the laxative portion of the preparation. This preparation will cause you to have multiple bowel movements as quickly as 30 minutes after taking it, so stay close to restroom facilities.
- **Beginning at 6:00 p.m., complete the following steps:**
 1. Pour one 6-ounce bottle of SUPREP™ liquid into the mixing container provided in the kit.
 2. Add cold drinking water up to the 16-ounce line on the mixing container and mix thoroughly.
 3. Drink all of the liquid in the mixing container.
 4. You **must** drink at least two more 16-ounce containers of water over the next hour.
 5. We encourage you to drink additional liquids throughout the evening.
 6. You may experience chills for the duration of your prep process. This is not a concern and is experienced by most patients.
- This preparation sometimes causes feelings of bloating, fullness and nausea. This is usually temporary and will subside when you begin having bowel movements. If you vomit, you do not need to repeat that dose, however, it is very important that you continue with the preparation. You may call our office and request nausea medication if needed.

The Day of Your Colonoscopy

- **Five hours prior to your arrival time, beginning at ___:___ a.m.,** repeat steps 1 through 4 (above) using the second bottle of SUPREP™. Take two (2) Simethicone capsules with your last glass of water. You **must** finish drinking the final glass of water by ___:___ am. (at least three hours before your arrival time).
You may have nothing else to eat or drink until after your procedure. Please do not chew gum, suck on mints/hard candy, or use tobacco before your procedure.
- Please take all medications that you normally take including NSAIDS, Aspirin and Tylenol with a small sip of water (**see exceptions below**). It is important to continue your medications for your heart, blood pressure, asthma, or other chronic conditions unless otherwise directed by your physician.
- **Do not take diabetic medications (oral or insulin)** the morning of your procedure. Bring them with you and inform the staff you are diabetic. Please check your blood sugar before coming for your procedure.
- **Stop taking _____ the morning of your procedure.**
- You will be given anesthesia that will put you to sleep. Our office requires that you arrange for someone to drive you home after the procedure. **Your procedure will be cancelled if you do not have a driver.**
Please be aware that you will not be allowed to drive the rest of the day.
- **We request that your driver wait in the waiting room. If your driver must leave, please have them return to the facility within one hour of being taken back to the endoscopy suite.**
- Please do not wear make-up or perfume and leave all jewelry and valuables at home. We will not be responsible for any lost items.
- Please remember to bring completed pregnancy test in bag provided (if applicable).
- If you have been notified that a prepayment is due, please bring that with you the morning of your procedure.

RN/MA

Date/Time

Signature of Patient / Legal Representative

Date/Time

Patient / Legal Representative Name (Please Print)

