

SUPREP PREPARATION FOR COLONOSCOPY

What is a colonoscopy?

A colonoscopy is an outpatient procedure in which the inside of the large intestine (colon and rectum) are examined. A colonoscopy is commonly used to evaluate gastrointestinal symptoms, such as: rectal and intestinal bleeding, abdominal pain or changes in bowel habits. Colonoscopies are also performed in individuals without symptoms to check for colorectal polyps and cancer.

What happens during a colonoscopy?

During a colonoscopy, a physician uses a colonoscope (a long, flexible instrument about ½ inch in diameter) to view the lining of the colon. The colonoscope is inserted into the rectum and advanced through the large intestine. If necessary during a colonoscopy, biopsies can be performed, and polyps can be identified and entirely removed. In many cases, a colonoscopy allows accurate diagnosis and treatment of colorectal problems without the need for major operation.

Are there any possible complications?

The possible complications of a colonoscopy include perforation (rupture) of colon, bleeding, and side effects of sedation. In very rare circumstances, death could result from a complication.

One week before the procedure:

- Tell your physician if you are allergic to latex.
- Tell your physician if you have an artificial heart valve.
- Do NOT take diabetes pills the day of the procedure. Your primary care physician should be contacted to help you with this adjustment.
- **Blood thinning medications such as Coumadin (Warfarin), Plavix (clopidogrel), and aspirin should not be taken 5-7 days prior to the procedure.** You MUST check with your primary doctor to make sure that these can be safely stopped.
- It is important to take all other meds prescribed by your physician with a sip of water the day of the procedure.
- **Purchase these items:**
 1. One prescription Suprep
 2. Plenty of clear liquids
- Please call as soon as possible if you cannot keep your appointment!

How to be pre-admitted

Call the admitting office if they have not called by the day before the procedure. Have your insurance cards ready when you call.

ECM Hospital Information: (256) 768-8280 / (256) 768-8030 / www.chgroup.org

Bowel Preparation:

The day before the procedure:

Clear liquids ALL DAY

Clear liquids include:

- Water
- Fruit juices such as: apple, white grape juice, etc. (Avoid red or purple)
- Broth
- Coffee or tea (without milk or creamer)
- Gatorade or other sports drinks
- Carbonated beverages such as gingerale, Mountain Dew or Lemon-Lime soda
- Kool-Aid or other flavored drinks
- Jello (Avoid red or purple)
- Popsicles (Avoid red or purple)

At 6pm, pour (1) 6-ounce bottle of Suprep liquid into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. Drink ALL the liquid in the container. Then you must drink two (2) more 16-ounce containers of water over the next hour.

Day of the procedure:

At 4am (or atleast 3 hours prior to your procedure) REPEAT second dose, pour (1) 6-ounce bottle of Suprep liquid into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. Drink ALL the liquid in the container. Then you must drink two (2) more 16-ounce containers of water over the next hour. Do not drink or eat anything past midnight except for the prep.

- Wear loose, comfortable clothing – NO JEWELRY!
- You MUST have a driver with you that does not leave. Please limit visitors to 2 per patient.
- Bring ALL of your medications, insurance cards, and a list of your allergies with you.
- **Someone must stay with you for 24 hours after the test.**
- Parking for endoscopy patients is located next to the endoscopy unit.

Physician: _____

Date: _____

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ENDOSCOPY SERVICES

We appreciate you choosing ECM and hope this information will help you prepare for your procedure. Included below is: (1) Who to call for your arrival time at the hospital on the date of service, (2) How to pre-register with the Business Office and with the Endoscopy Unit, (3) How to dress, and (4) What to bring with you the date of service.

PLEASE CALL ECM ENDOSCOPY THE DAY BEFORE YOUR PROCEDURE AT: (256) 768-9598 BETWEEN THE HOURS OF 11:00AM AND 1:00PM FOR YOUR ARRIVAL TIME AT THE HOSPITAL.

Pre-Admission Registration (Business Office):

A pre-registration counselor will try to contact you several days before your date of service or you can call them at one of the following numbers: **(256) 768-8280, (256) 768-8028 or (256) 768-8095**. You can also complete a pre-registration form online at: www.chgroup.org. You will also be contact by someone to review your insurance coverage.

Endoscopy Pre-Procedure History:

A pre-admission nurse will try to contact you several days before your date of service to obtain your medical history, or you can complete a pre-procedure history form at: www.chgroup.org.

Wear comfortable, loose-fitting clothes. If you wear a short-sleeved t-shirt or camisole, you can leave these and your socks on. Please leave jewelry and other valuables at home. You will be asked to remove all metal before the procedure.

- You must have a driver if you're having a procedure that requires sedation (all procedures require sedation except Pillcam, motility and some sigmoidoscopies) – The procedure WILL NOT be performed without a driver who can remain in the lobby during the procedure. You should not be alone the day of the procedure.
- Bring a list of your medications that are taken on a daily basis (prescription and over the counter) that includes the name of the medication, dosage and when it is taken. You don't have to bring meds if you gave this info. to the phone call nurse prior to the day of the procedure.
- Bring your insurance card(s) and picture identification. These will be copied when you check in!

Patients should enter the Alabama Street entrance across from the park instead of the main entrance. Endoscopy parking is on the hill as you approach the hospital on Alabama Street. After the procedure, drivers will pick up the patient at the back door marked **"ENDOSCOPY EXIT ONLY."**

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