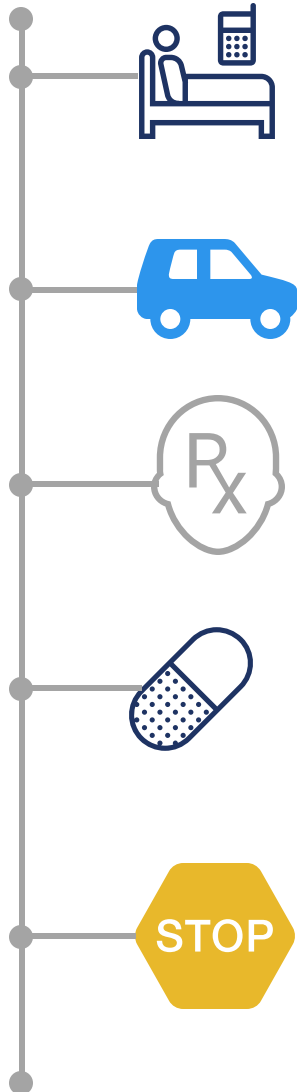


Northwest Gastroenterology Clinic

Colonoscopy Preparation Instructions

Suprep

One Week Before Your Procedure



- Notify our office if you have had any major changes to your health since you scheduled your procedure.
- If you are receiving sedation, a responsible adult must accompany you to check-in, remain onsite, and be present for discharge. You may use a rideshare, taxi, or public transit, but your escort must ride with you, as hired drivers do not meet safety requirements.
- Pick up your bowel preparation from the pharmacy.
- Purchase simethicone gas relief (Gas-X) over-the-counter. You will need a total of 4 tablets/ capsules.
- If you take **blood-thinner or anti-platelet medications**, (ie. Plavix, Coumadin, Pradaxa) or any **diabetic or weight loss medications** (ie. Ozempic, Trulicity) please reference [Medication Instructions](#).
- Continue taking all other medications, unless instructed by your physician or our nursing staff.
- Stop taking: Iron pills or vitamins with iron (this is to decrease constipation)
- Stop taking: Please do not take oil-based vitamins/supplements (A, D, E or K, fish oil, etc.) for a full 7 days before your procedure
- Stop eating: Whole seeds, nuts, tomatoes, berries, and any bread with seeds or nuts. You may continue to have creamy nut butters and tomato sauces.
- Stop using: any illicit drugs



SIGN UP FOR MYCHART

We use MyChart as our primary communication tool.

Sign up today to make sure you get all of your important communications from our office.

Use MyChart to complete all of your paperwork for your virtual visit and pay your co-pay through E-check-in.

Confirm your appointments through MyChart so your appointment does not get cancelled.

Message the office using MyChart with non-urgent questions to save your time on the phone.

Receive your after visit summary with your treatment plan via MyChart.

Colonoscopy Preparation Instructions

Suprep

1 Day Before Your Procedure



- When you wake up, start a clear liquid diet.
- Do not have any solid foods.
- Do not have red, purple, or orange liquids or alcohol.
- Please see our list of [recommended clear liquids](#).



- Mix the first bottle of your bowel prep solution.
- You will mix and drink the second bottle tomorrow.



- Between 4:00 pm and 6:00 pm, begin drinking the first bottle of your bowel preparation.
- Drink all the liquid in the container.
- Take 2 simethicone gas relief (Gas-X) tablets/ capsules.
- See our list of [Frequently Asked Questions](#) for tips on drinking the prep.



- After finishing the first bottle of the prep solution, you **MUST** drink two more 16 ounce containers of water over the next hour.



- Bowel movements usually start within 3 hours of drinking the prep but could take longer. It is recommended to stay near a restroom at this point. See our list of [Frequently Asked Questions](#) if you feel the preparation is not working.

Colonoscopy Preparation Instructions

Suprep

The Day of Your Procedure



- Continue with clear liquids and no solid foods.
- **Take blood pressure, heart, or seizure medications the morning of your procedure.** Be sure you take these at least **4 hours** before your arrival time.
- Hold all other medications.



- 6 hours before you leave for your procedure, start the second bottle of the bowel prep.
- For example, if your check-in time is 6:45 am, and it takes you 30 minutes to get here, you will need to wake up and begin your 2nd dose at 12:15 am.



- After finishing the second bottle of the prep solution, take 2 simethicone gas relief (Gas-X) tablets/capsules.
- You **MUST** drink 32 ounces of water over the next hour



- **DO NOT HAVE ANYTHING TO EAT OR DRINK 4 HOURS PRIOR TO ARRIVING. NO CHEWING GUM.**
- **DO NOT SMOKE 24 HOURS BEFORE YOUR PROCEDURE.**
- **DO NOT USE CHEWING TOBACCO OR NICOTINE POUCHES 6 HOURS BEFORE YOUR PROCEDURE**



- If you are receiving sedation, your driver must be present with you at check-in on the day of your procedure and remain onsite. **If you are taking public transportation, a taxi, or a rideshare service, you must have a responsible adult escort present with you at check-in, remain onsite, and be with you at discharge.**



- Wear comfortable clothes, leave your valuables at home, and arrive on time at the designated location with any paperwork completed that we may have asked you to bring.
- Don't forget your photo ID and insurance card.