

# Colonoscopy

## *How to prepare with Suprep*

Your colonoscopy is scheduled for \_\_\_\_\_, \_\_\_\_\_, at \_\_\_\_\_  
DAY DATE TIME

7 Days Before	5 Days Before	1 Day Before	On Procedure Day
Date: _____	Date: _____	Date: _____	Date: _____
<ul style="list-style-type: none"> <li>• <b>If you take blood-thinning medicines</b> such as Coumadin (warfarin) or Plavix (clopidogrel):                             <ul style="list-style-type: none"> <li>- Call the doctor who prescribed these medicines.</li> <li>- Tell the doctor you are having an colonoscopy, and the date of your procedure.</li> <li>- Ask for special instructions for your blood-thinning medicines.</li> </ul> </li> <li>• <b>Cancellations:</b> If you need to reschedule or cancel your colonoscopy, call 206. _____.</li> <li>• <b>Transportation:</b> You must arrange for a responsible adult to take you home after your enteroscopy.                             <ul style="list-style-type: none"> <li>- You cannot drive on the day of your colonoscopy. You cannot take a taxi or bus unless you have a responsible adult to ride with you.</li> <li>- <b>Your test will be cancelled if you arrive at the hospital and do not have a responsible adult to take you home.</b></li> <li>- Your escort must be in our waiting room at the time of your discharge, about 2 hours after your appointment time.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Stop</b> eating foods that contain nuts or seeds.</li> <li>• <b>Stop</b> taking iron and any multivitamin that contains iron.</li> <li>• <b>Fill</b> your Suprep prescription.</li> <li>• <b>Read</b> this handout carefully.</li> <li>• <b>If you have diabetes:</b> <ul style="list-style-type: none"> <li>- Call the provider who manages your diabetes medicines.</li> <li>- Tell the provider that you are having a colonoscopy and the date of your procedure.</li> <li>- Ask for special instructions for your diabetes medicines.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>For breakfast:</b> You can eat plain crackers (saltines or Melba toast, no seeds), cooked cereals (farina, cream of wheat, grits), cold cereal (corn flakes, puffed rice), white rice, noodles, or pasta.</li> <li>• <b>After 12 noon:</b> Do not eat any solid food. For the rest of the day, drink clear liquids such as juice (apple, grape, or cranberry), broth, black coffee or tea, sports drinks, soda, or gelatin (green or yellow only).</li> <li>• <b>At 7 p.m.:</b> Pour 1 bottle (6 ounces) of Suprep into the container. Add cool drinking water up to the 16-ounce line and mix. Drink <b>all</b> of the liquid in the container. You must also drink <b>32 ounces of water</b> (2 containers) of water over the next hour.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Do not eat any solid food.</b></li> <li>• <b>5 hours before your appointment:</b> Pour 1 bottle (6 ounces) of Suprep into the container. Add cool drinking water up to the 16-ounce line and mix. Drink <b>all</b> of the liquid in the container. You must also drink <b>32 ounces of water</b> (2 containers) of water over the next hour.</li> <li>• 1 hour before or after drinking the Suprep, take your morning medicines with water.</li> <li>• Keep drinking clear liquids until 2 hours before your appointment.</li> <li>• <b>Starting 2 hours before your appointment:</b> Do not take anything by mouth.</li> </ul> <p><b>What to bring to your appointment:</b></p> <ul style="list-style-type: none"> <li>• Your driver or escort</li> <li>• A list of all medicines you currently take</li> <li>• Photo ID, insurance card, and co-pay, if needed</li> <li>• You will need to remove all jewelry and piercings before your EUS. If you can, leave all valuables at home, or give them to your escort for safekeeping.</li> </ul>

## Locations and Parking

Maps and parking rates are included with this handout.

### Harborview Medical Center

GI Endoscopy Suite  
Maleng Building, 8th Floor  
410 Ninth Ave., Seattle, WA 98104  
206.744.3519

Parking 24 hours a day, 7 days a week in the Ninth and Jefferson Garage (P2) off James and Terry.

### University of Washington Medical Center

Digestive Health Center  
Surgery Pavilion, 3rd Floor  
1959 N.E. Pacific St., Seattle, WA 98195  
206.598.4377

From N.E. Pacific St., follow the signs to the Emergency Room. At the stop sign, enter the Surgery Pavilion Parking Garage on the left. After parking in the garage, take the elevator to the 3rd floor. Turn right into the Digestive Health Center.

### Eastside Specialty Center

3100 Northup Way, Bellevue, WA 98004  
425.646.7777  
Free parking on site.

## Questions?

Your questions are important. Please call if you have questions or concerns. Weekdays between 8 a.m. and 5 p.m., call the clinic where your colonoscopy is scheduled. After hours and on weekends and holidays, call the Community Care Line at Harborview, 206.744.2500.

## Special Instructions

- If you take medicines for diabetes, your medicines will need to be adjusted for the day before and the day of your enteroscopy. Talk with your diabetes care provider about what to do on these 2 days.
- If you have severe constipation or are taking pain medicine every day:
  - Buy a bottle of Magnesium Citrate at a drugstore.
  - 2 days before your procedure, at 4 p.m., drink the full bottle.

## What is a colonoscopy?

A *colonoscopy* allows your doctor to look at the lining of your large intestine.

## What to Expect

You will receive a *sedative* (medicine to help you relax) through an *intravenous line* (IV) placed in your vein. Most patients fall asleep. If you do not fall asleep and feel some discomfort, please tell us. We will do our best to help you be comfortable.

Your doctor will place a flexible tube into your rectum. The tube is about as wide as a finger. Your doctor may also take *biopsies* (tissue samples) or remove *polyps* (growths). You will not feel any of these procedures.

The colonoscopy takes about 30 to 45 minutes. Your appointment may last longer to allow time to prepare and recover.

Afterward, your doctor will talk with you about the results. If your results are not ready right away, we will tell you when you can expect to receive them.