

<https://digestivehealth.ws/procedure-preps/>

QUESTION: There are prep instructions included in the SUPREP box. Which one should I follow?

Please follow the instructions from Digestive Health Specialists. These can be found on the homepage of www.digestivehealth.ws - PROCEDURE PREP.

QUESTION: I lost my prep instructions. Where can I find them?

Instructions can be found on the homepage of www.digestivehealth.ws - PROCEDURE PREP.

QUESTION: What do I need for my colonoscopy?

You should have been notified about an appropriate prep for you during your One-Call or Office Visit. This prep has been sent to your pharmacy. If you do not have kidney disease, it will be SUPREP. If you do have kidney disease or an allergy to SUPREP, it will be Golytely. Instructions can also be found on the homepage of www.digestivehealth.ws - PROCEDURE PREP.

QUESTION: What can I eat before my colonoscopy?

The day before your colonoscopy, no solid foods of any kind should be consumed, you should only have clear liquids. These liquids are outlined in your colonoscopy prep packet.

QUESTION: What medications should I take?

In general, you should take all of your non-diabetes medications, especially your blood pressure and heart medications, 4 hours prior to the procedure. For your diabetic medications, hold all diabetic medications on the day of your procedure. More specifics are in the colonoscopy prep packet.

QUESTION: I have drank the 1st part, and the stool is clear liquid. Do I need to drink the 2nd part?

Yes, you do. If you do not, the colon will be coated with bacteria and residual stool at the time of your colonoscopy which could cause your procedure to be canceled and have to be repeated.

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QUESTION: I started my prep, and I am nauseated. I can't drink it all in the time specified, what should I do?

The colonoscopy prep only works if it stays in your GI tract. Please take a 30-45 min break and then resume the prep slowly. Drink 4-6 oz of the prep every 30 minutes until you finish.

QUESTION: I don't want to wake up early to take the 2nd part of my prep. Can I take it all the night before?

No. The split prep will allow for ideal cleaning of the colon which will allow the doctor to have a better exam of the colon. Taking both bottles all at the same time may result in your colon not being clean which may result in your procedure being canceled.

QUESTION: I think I vomited all my SUPREP. What should I do?

You should proceed with the 2nd part the following day but at a slower rate so as to not induce nausea and vomiting.

QUESTION: When should I drink the 2nd part of the prep?

You should start drinking your prep 6 hours before your scheduled arrival time. For example, if your arrival time is 8 AM you will need to start the 2nd part of your prep at 2 AM and be finished by 4 AM. You will need to have absolutely NO liquids at least 4 hours before your procedure otherwise your procedure will be delayed or canceled due to the risk of aspiration.

QUESTION: I am thirsty before my procedure. Can I drink something?

You cannot drink anything 4 hours before your procedure due to the risk of aspiration.

QUESTION: I use tobacco, can I use before my procedure?

No. No tobacco products on the day of your procedure or your procedure could be canceled.

QUESTION: I smoke marijuana. Can I smoke before my procedure?

No. You should not consume any marijuana products of any kind 24 hours before your procedure, or your procedure will be canceled.