

IU Health Gastroenterology

Colon Prep Instructions: SUPREP - CONSTIPATION

BEC: 550 South Landmark Ave; Bloomington, IN 47403

IUH Bloomington Hospital: 2651 E Discovery Pkwy; Bloomington, IN 47408

Please follow these directions carefully. Disregard the instructions included with your prescription.

Twelve (12) days Before your appointment	▪ Ensure that you have an adult 18 years or older, to stay at the facility while you are under sedation, to bring you home, and to assist you after the procedure as needed. ▪ Because you will receive sedation for your procedure, you may not use a taxi, medical cab or rideshare service unless you also have a responsible adult to accompany you. ▪ Pick up your SUPREP prescription from the pharmacy, do not follow the instructions included with the box/kit. ▪ Pick up: ▪ 1 bottle of MiraLAX powder (generic polyethylene glycol) 8.3oz/238 grams over the counter, do not follow the instructions on the bottle. ▪ 1 bottle of Gatorade or electrolyte replacement drink each 28-32 ounces. NO RED/PURPLE. ▪ If you are diabetic, you will need 1 bottle of zero sugar Gatorade, or zero sugar electrolyte drink each 28-32 ounces. NO RED/PURPLE. ▪ Alternatively, if you do not tolerate or prefer MiraLAX, (polyethylene glycol), pick up 1 bottle of Magnesium Citrate, 10 ounces, over the counter instead of MiraLAX and Gatorade. ***IMPORTANT: If you have any history of Kidney Disease, DO NOT use Magnesium Citrate. Instead use 1 bottle of MiraLAX with Gatorade, or Call 812-355-6931, option #2 to speak to a nurse.*** ▪ DO NOT USE ANY GAS-X OR SIMETHICONE IN ANY FORM DURING YOUR BOWEL PREP. ▪ You must complete your entire prep according to the instructions, even if you think your bowels are clear. ▪ Check your medications. If you are taking a blood thinner, please call 812-355-6931, option #2, for directions on holding the medication before your procedure. If you have not received hold instructions by 7 days before the procedure, call 812-355-6931, option #2. ▪ If you have had a heart stent placed within the last twelve (12) months, please call 812-355-6931, option #2. ▪ If you are diabetic (taking insulin or pills): ▪ Please follow the instructions below for adjusting doses of your diabetic medications. ▪ If your blood sugar is above 350 the morning of your procedure, please call the Charge Nurse at the facility where you are scheduled for further instructions. ▪ BEC: 812-322-3897; IUH Bloomington Hospital: 812-918-3484. ▪ Our physicians reserve the right to cancel your procedure for your safety.
Eight (8) days before your appointment	▪ Begin your low fiber diet. Low fiber diet options and suggestions can be reviewed on page 4. ▪ Stop fiber supplements. (Metamucil, Citrucel, FiberCon, etc.) ▪ Stop any GLP-1s AND weight loss medications or supplements. (Includes both pill and injectable forms.)
Five (5) days before your appointment	▪ Stop anti-inflammatory medications. (Motrin, Advil, Ibuprofen, Aleve, Naproxen, Mobic, Meloxicam, etc.) ▪ Stop iron supplements that are taken by mouth. (Iron infusions may continue as scheduled.) ▪ Stop Vitamins & Herbal Medications. (CBD, Hemp oil, etc.)

**Two (2) days before your appointment:
Do not eat any solid food after 5pm.**

**Two (2) days
before your
appointment**

Continue your low fiber diet until 5pm today.

- If you take oral diabetic medications by mouth, take all doses normally according to your usual schedule.
- If you take insulin, take all doses normally according to your usual schedule.

5PM:

- Do not eat any solid food after 5pm. You can only drink clear liquids for the remainder of the day. Please avoid any red or purple liquids. See page 5 for examples.

6PM:

- Mix **ENTIRE BOTTLE** of MiraLAX 8.3oz/238grams with 28-32 ounces of Gatorade/electrolyte drink. If you are diabetic, please use Gatorade Zero/electrolyte drink with zero sugar instead of regular Gatorade.
- Drink 8 ounces of the MiraLAX mixture every 15-20 minutes until gone.
- If you experience nausea or vomiting, take a 15-minute break, and then continue.
- Alternatively, if you are using Magnesium Citrate instead, drink the entire bottle until gone, along with 8 ounces of water or clear liquid.
- Continue to drink water or clear liquids hourly while awake.

**One (1) Day before your appointment:
Do not eat any solid food today. You can only drink clear liquids. Please avoid red or purple liquids.**

**One (1) day
before your
appointment**

Do not eat any solid food today. You can only drink clear liquids. Please avoid any red or purple. See page 5 for examples.

- Drink 1- 8oz glass of water or clear liquids hourly while awake.
- If you take oral diabetic medications by mouth, take all doses normally according to your usual schedule.
- If you take insulin, take your usual dose in the morning. Take only ½ of your normal dose the night before your procedure.

5PM:

- Pour the contents of one bottle into the mixing container that came with your prescription. Fill the container with water to the 16oz fill line.
- Mix and drink ALL the liquid in the container.
- If you experience nausea or vomiting, take a 15-minute break, and then continue.

6PM:

- Drink two (2) additional 16oz containers of water or clear liquids over the next hour.
- Continue to drink water or clear liquids hourly while awake.

Day of your appointment:

Do not eat any solid food today. You can only drink clear liquids. Please avoid red or purple liquids.

Day of your procedure:	▪ If you take oral diabetic medications by mouth, do NOT take these the morning of your procedure. ▪ If you take insulin, do NOT take any insulin the morning of your procedure.
Five (5) hours prior to arrival:	▪ Pour the contents of the second bottle into the mixing container that came with your prescription. Fill the container with water to the 16oz fill line. ▪ Mix and drink ALL the liquid in the container. ▪ If you experience nausea or vomiting, take a 15-minute break, and then continue. ▪ After consuming the prep, drink two (2) additional 16oz containers of water or clear liquids over the next hour.
Three (3) hours prior to arrival:	▪ Do not consume anything by mouth 3 hours before your procedure. This includes food, liquids, cough drops, chewing gum, tobacco, marijuana, use of e-cigarettes and chewing tobacco.
Two (2) hours prior to arrival:	▪ Take your morning medications by mouth with a sip of water. ▪ If your bowel movements are NOT clear yellow, call the Charge Nurse at the facility where you are scheduled for further instructions. ▪ Bloomington Endoscopy Center: 812-322-3897 ▪ IU Health Bloomington Hospital: 812-918-3484

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- **Please read the following medication Instructions:**
 - Aspirin – If you are taking aspirin, you may continue to take it.
 - You may take your usual heart and blood pressure pills up until the time of your procedure.
 - Do **NOT** take any **SLEEPING MEDICATION** (including melatonin) the night before your procedure, for safety reasons.
 - Do **NOT** take any **PAIN MEDICATION** 4 hours prior to procedure. If holding pain medications is a concern, please call 812-355-6931, option #2.
- **You may receive a call to adjust your arrival time, once the providers schedule is finalized.**
- **Bring a List of your Medications, Advance Healthcare Directives and a Photo ID along with your Insurance Cards.**
- **Plan to be in the facility for approximately 2-3 hours, on the day of your procedure.**
- **Limit visitors to 2; Small children should not be brought to the facility.**
- **Leave all jewelry and valuables at home.**
- **If your procedure is scheduled with deep sedation, administered by Anesthesiology at IU Health Bloomington Hospital, you must have a Pre-Op call with Pre-Anesthesia Testing (PAT.) You should have been given a date and time for your PAT call when your procedure was scheduled.**
- **If you miss your PAT appointment, call 812-918-3465. Follow the instructions to leave voicemail.**
- **If you need to reschedule your procedure or PAT appointment, call 812-355-6931, option #1.**
- **Bloomington Endoscopy Center Patients may receive a courtesy call from a nurse 7-14 days prior to procedure but are not required to have a Pre-Op/PAT call. If you miss your courtesy call, but still have questions about your procedure or instructions, call 812-355-6931, option #2.**

Frequently asked questions:

1. What is a low fiber diet?

Low fiber diet – Okay to eat	NOT low fiber diet – NOT okay to eat
▪ Enriched white bread or rolls without seeds, bagels, English muffins ▪ White rice, plain white pasta, noodles, macaroni ▪ Refined cereals such as Cream of Wheat ▪ Plain cereals such as Corn Flakes, Rice Krispies or Cheerios ▪ Pancakes or waffles made from white refined flour ▪ Most canned or well-cooked fruits and vegetables without seeds, hulls, or skins ▪ Fruit and vegetable juice without pulp ▪ Fruit flavored drinks, flavored water, tea, coffee ▪ Tender meat: poultry, fish, ham ▪ plain lunch meat, Eggs, cheese ▪ Creamy peanut butter ▪ Milk and milk products (limit to two 8 oz. srvgs/day) ▪ Desserts with no whole grains, seeds, nuts, raisins, or coconut ▪ Plain ice cream ▪ Sherbet, cookies, cake, or pudding	▪ Peas, Lentils ▪ Raw fruits and vegetables ▪ Fruits and vegetables with skin ▪ Beans ▪ Seeds ▪ Whole wheat and whole grain breads, cereal and pasta ▪ Dried fruits ▪ Popcorn ▪ Nuts ▪ Corn

2. What is a clear liquid?

Clear liquid – Okay to drink	NOT clear liquid – NOT okay to drink
▪ Water ▪ Black coffee or tea (Sugar/sweetener is ok, no cream or milk) ▪ Clear juice (apple, white grape, white cranberry) ▪ Soda (Brown and light-colored sodas are both allowed) ▪ Jello, popsicles, Italian ice (no red or purple) ▪ Gatorade, Powerade (no red or purple) ▪ Clear broth	▪ Coffee with milk or cream ▪ Alcohol ▪ Juice and popsicles with fruit pulp ▪ Milk or any dairy products ▪ Red or purple foods or drinks ▪ Rice, noodles ▪ Solid foods

3. I feel like I am going to throw up, what should I do?

This is not uncommon. First, take a break from drinking the prep and clear liquids for about 15 minutes. Then restart drinking the prep and fluids at a much slower pace. Drink a few sips every 15 to 20 minutes and try to finish the prep slowly. Using a straw and cooling/chilling the prep liquid in a refrigerator helps. If you are prone to nausea and vomiting, or if you have had trouble with nausea and vomiting during a previous preparation, ask your primary care physician for a prescription for Zofran prior to starting the preparation, or call 812-355-6931, option #2.

4. I have vomited a large amount of prep, and my stools are not clear yet.

If you have any prep left to drink, follow the directions as given in question number 3. If you have already finished your prep and then vomited, we recommend continuing drinking clear liquids at a slow pace. If stools are still not clear, please call the Charge Nurse for the facility where you are scheduled, for further instructions.

BEC: 812-322-3897; IUH Bloomington Hospital: 812-918-3484

5. I have stomach cramps.

This happens frequently with prep. Make sure you drink plenty of clear liquids to stay hydrated. Drinking the prep at a slower rate will also help.

6. I feel weak and feel like I am going to pass out.

This can be due to dehydration. First, take a break from drinking the prep for about 1 to 2 hours. Lay down with your feet elevated with a few pillows. Make sure you drink plenty of clear liquids. Pedialyte is an electrolyte solution available over the counter that will help replenish electrolytes and salt in your body.

7. I have finished my first half of prep and have not started moving my bowels.

You may have a slow response to prep. Some people start moving their bowels during the second half of the prep. If stools are still not clear yellow, please call the Charge Nurse for the facility where you are scheduled, for further instructions. BEC: 812-322-3897; IUH Bloomington Hospital: 812-918-3484

8. I have finished all my prep, and my stools are not clear yellow.

If stools are still not clear yellow, please call the Charge Nurse for the facility where you are scheduled, for further instructions. BEC: 812-322-3897; IUH Bloomington Hospital: 812-918-3484

9. I need to cancel or reschedule my procedure or my PAT call. Who should I call?

Call 812-355-6931, option #1, to speak with an Endoscopy Scheduler.



Indiana University Health

Dear Patient:

Thank you for choosing to have your procedure with Indiana University Health Medical Group Gastroenterology.

You are scheduled to have an endoscopic procedure that typically requires medications used for comfort and sedation. It is always your choice not to have sedation. If this is of interest to you, please discuss this with your gastroenterologist on the day of your procedure.

Below are descriptions of the 2 types of sedation that we commonly utilize:

1. **Moderate sedation (also known as conscious or twilight sedation):** This type of sedation is typically used with medications including Benadryl, Fentanyl, and Midazolam. If you are allergic to, or are intolerant of these medications, please call 812-355-6931, option #2 to let us know, so that we can adjust if necessary. Moderate sedation is not deep sedation. You will not be completely “knocked out.” We strive for patient comfort and amnesia (not remembering the procedure.) The patient will not be completely unconscious; they can still respond to stimulation and change positions. Moderate sedation does not require insertion of a breathing tube, since the patient can still breathe on their own. With this type of sedation, remembering part of the procedure is possible. With that said, greater than 98% of patients are very satisfied with this type of sedation.

All patients that are scheduled at Bloomington Endoscopy Center are scheduled with moderate sedation. Many patients that are scheduled at the hospital are also scheduled with moderate sedation.

2. **Deep Sedation:** This type of sedation is provided by an Anesthesiologist and includes a variety of medications chosen by the Anesthesiologist. This will increase the cost of the procedure. Patients typically cannot respond, as they are “knocked out,” and may need to have a breathing tube inserted into their throat during the procedure. Deep sedation is considered higher risk.

All deep sedation patients must be scheduled at the hospital, and must have a Pre-Op call with Pre-Anesthesia Testing (PAT.)

If you have any questions, please contact our office at 812-355-6931, option #2 to discuss it further.

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