

Greg S. Cohen, MD  
Northwestern University Feinberg School of Medicine  
GI Lab Address (where procedures are done):  
675 N Saint Clair Street, Galter Bldg, 4<sup>th</sup> Floor  
Chicago, IL 60611 312-926-2425

Office Address (do not go here for a procedure):  
676 North Saint Clair Street, Suite 1525  
Chicago, IL 60611 312-695-4452

## Outpatient Colonoscopy Instructions – SUPREP

Your procedure is scheduled for \_\_\_\_\_, \_\_\_\_\_ at \_\_\_\_\_ AM/PM.  
Please arrive **45 minutes early** (\_\_\_\_\_) in order to register and prepare for your exam.  
Per hospital policy, you will need an adult to drive you home as you will be given sedation for your procedure.

Diagnosis: \_\_\_\_\_

To ensure that the physician may make the most accurate inspection possible, **please read carefully** all the instructions TODAY and at least one week before your procedure and follow the instructions exactly. Failure to do so may result in the need to reschedule your procedure. If you have questions please call 312-695-4452 Monday – Friday, 8:00 am – 4:00 pm. After hours, we can be reached at 312-649-2535. **If you need to cancel, you must call with at least 48 hours notice in order to avoid a “no show” fee.**

### **ABOUT THE COLONOSCOPY**

This procedure is an endoscopic examination of the colon by a physician. A thin, flexible tube with a video camera at the tip is used to examine the colon. If necessary, a small piece of tissue (biopsy) can be removed for further examination under a microscope. If a polyp is found it can usually be removed during the procedure even if you have more than one. You will be given an I.V. in the holding area. Immediately before the procedure begins you will receive I.V. medication for sedation. The test will take approximately 30-45 minutes to complete. You will be returned to the recovery area where you will be monitored for up to one hour after the procedure. Every effort will be made to keep your appointment at the scheduled time, but in medicine, unexpected delays and emergencies may occur and your wait time may be prolonged. We give each patient the attention needed for his or her procedure. **You should not return to work until the day after the procedure.**

**Someone must drive you home from the procedure, since I.V. sedation is used. If you have not arranged for someone to drive you home, your procedure may be cancelled.** The person who signs you out must be with you on the unit before you can be released. You will not be able to drive, operate machinery, and make important decisions or return to work for the rest of the day. You may resume normal activities the next day unless the doctor states otherwise.

**Make certain that all of your managed care documents are obtained from your primary care physician. It is the patient’s responsibility to contact his/her insurance company to pre-certify for the procedure, regardless of the type of insurance that you have.**

**The procedure will be done at the Galter Pavilion, 675 N. Saint Clair St., on the 4<sup>th</sup> floor. You are reminded that you are to arrive 45 minutes prior to your scheduled examination.**

## **REGARDING MEDICATION**

Please bring a list of medication that you are currently taking. This list should include any herbal supplements, as well as all prescription medicines.

**If you are affected by any of the conditions listed below, please follow these instructions carefully.**

<b>Heart or Kidney Problems</b>	You should not take SUPREP. Contact your doctor to arrange for an alternate prep.
<b>Diabetes</b>	Check with your physician regarding your dose of insulin and other diabetic medications needed the day before and the day of your procedure. Inform your doctor that you will be on clear liquids the day prior to your procedure. Check your blood sugar frequently while taking the prep solution and the morning of your procedure.
<b>Heart Valve Replacement or History of Endocarditis</b>	Prophylactic antibiotics are no longer recommended for GI procedures according to the guidelines published by the American Heart Association in 2007.
<b>Aspirin</b>	It is desirable that aspirin be held for five days prior to your procedure. Please check with the physician who ordered your colonoscopy to see if this is permissible.
<b>Coumadin, Plavix, Ticlid</b>	Ask the physician who prescribed your medicine how to take it before and after your procedure. If you cannot contact your physician, call us several days before your exam. If you take Coumadin, you may need a blood test two hours before your exam.
<b>Lovenox</b>	It is desirable that Lovenox be held the day before your procedure. Please check with the physician who ordered your colonoscopy to see if this is permissible.
<b>Iron Supplements</b>	It is desirable that iron supplements be held for five days prior to your procedure.
<b>Prednisone or other steroids</b>	Take it before 7 a.m. with a sip of water on the day of the test.

## **REMINDERS**

1. You **NEED TO PURCHASE** your SUPREP kit at least 2 days in advance of the procedure.
2. Wear comfortable, loose fitting clothing that is easy to step into and out of. Wear flat shoes or tennis shoes. Do not wear jewelry or bring valuables with you.

## **RISKS OF COLONOSCOPY**

Although colonoscopy is a safe test, there are inherent risks with all medical procedures. These risks include, but are not limited to: 1) Risk of anesthesia reactions including cardiopulmonary complications. 2) Bleeding. 3) Perforation or puncture of the colon – a rare complication that occurs once in every several thousand procedures. 4) Possibility of an incomplete exam in 1-2% of patients. 5) Possibility of missed or incompletely removed polyps. Although colonoscopy is the best test for detection and removal of polyps, it is not perfect. It is possible for polyps to be missed.

## **ONE WEEK BEFORE YOUR COLONOSCOPY**

For best outcome, avoid eating foods that contain seeds, nuts, hulls, berries, or kernels (such as popcorn, poppy seeds, tomatoes, cucumbers, etc.). However, this instruction is not critical.

## **TWO DAYS BEFORE YOUR COLONOSCOPY**

If you are constipated (i.e. bowel movements every 3 days or longer), it is recommended that you drink 10 ounces of Magnesium Citrate laxative two days before the colonoscopy so that the preparation on the day before the colonoscopy is easier and more effective. Magnesium Citrate is available without a prescription at any pharmacy. **If you have kidney problems or are on dialysis, do not take Magnesium Citrate.**

## **DAY BEFORE YOUR COLONOSCOPY**

1. **Today you may not eat any solid foods.** You are to drink only **CLEAR LIQUIDS** all day long. Clear Liquids include: water, coffee or tea without milk, strained fruit juices without pulp (apple, white grape, cranberry, etc.), carbonated beverages or soda pop, clear broth or bouillon. You may have plain Jello or Popsicles except for any red in color. You may have clear hard candy. If you are diabetic, please follow your usual dietary restrictions with regard to the liquids listed above.
2. Around 5 P.M., complete steps (a) through (d) below:
  - a. Pour ONE 6-ounce bottle of SUPREP liquid into the 16 ounce mixing container in the kit.
  - b. Add cool drinking water to the 16-ounce line on the container and mix.
  - c. Drink all the liquid in the container
  - d. You must drink TWO more 16-ounce containers of water over the next 1 hour.

In order to perform a successful colonoscopy, the colon must be cleaned of fecal material. This is accomplished using this preparation and will stimulate your colon to purge itself, and result in many trips to the bathroom. You will probably start to have a bowel movement within 1 to 2 hours of drinking the laxative. The laxative may cause cramping and rapid elimination of stool.

*If you have severe pain or vomiting with the preparation, please call 312-695-4452.*

## **DAY OF YOUR COLONOSCOPY**

1. Approximately 5-6 hours prior to your scheduled arrival time repeat steps (a) through (d) below:
  - a. Pour ONE 6-ounce bottle of SUPREP liquid into the 16 ounce mixing container in the kit.
  - b. Add cool drinking water to the 16-ounce line on the container and mix.
  - c. Drink all the liquid in the container
  - d. You must drink TWO more 16-ounce containers of water over the next 1 hour.
2. You may brush your teeth, but do not swallow any significant amount of water.
3. You may take your usual medications with small sips of water. If you use inhalers, prescription eye drops or nasal sprays, you may take them as you would normally and then bring them with you.