

## COLONOSCOPY - SUPREP BOWEL PREP KIT

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PATIENT'S NAME: \_\_\_\_\_

DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

CHECK IN TIME: \_\_\_\_\_

**PHYSICIAN:**

- |   |  |
|---|--|
| <input type="checkbox"/> Elizabeth Brindise, MD | <input type="checkbox"/> Brian Gootzeit, MD  |
| <input type="checkbox"/> Sabina Khan, MD        | <input type="checkbox"/> Mustafa Tiewala, MD |

**LOCATION:**

- Ridgeview – Arlington campus
- Ridgeview – Le Sueur campus
- Ridgeview Professional Building – Endoscopy (Suite 2)
- Two Twelve Medical Center – Endoscopy (Suite 320)

\*Please see the **PARKING** section for important parking and location information.

\*Contact Ridgeview's Gastroenterology department with any questions or concerns at 952.442.8011.

**PROCEDURE: Colonoscopy**

(\*Please see the **SUPREP BOWEL PREP** section for prep instructions.)

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**Note:** *It is the patient's responsibility to contact their insurance company to verify coverage and benefits for a colonoscopy. If a prior authorization is required before services are rendered, please contact your primary care provider's office for a referral to be submitted.*

### WHAT IS A COLONOSCOPY?

A colonoscopy enables a physician to examine the lining of the colon (large intestine) for any abnormalities, by inserting a flexible tube into the rectum and colon. This allows the physician to get a close-up view of the inside of the colon. Any lesions or abnormalities, such as polyps (which are too small to be seen on an x-ray) can be removed and a biopsy completed.

A colonoscopy is generally well tolerated, and you will receive medication to make the procedure more comfortable.

Proper bowel preparation for a colonoscopy is necessary for the physician to fully view the colon. **If the bowel is not completely clear of all dark, formed stool, the procedure may not be able to be performed. (See the "PREPARING FOR A COLONOSCOPY" and SUPREP BOWEL PREP" sections on the following pages for specific information about what to do prior to a colonoscopy procedure.)**

### POLYPS AND REMOVAL

Polyps are abnormal growths in the colon lining that are usually benign (non-cancerous). Polyps vary in size – from a tiny dot to several inches. A physician cannot always tell a benign polyp by its outer appearance, so the polyp is removed and sent in for examination.

Colon cancer begins in polyps and removing them is an important means of preventing colon-rectal cancer. Polyps are removed during the exam and is painless.

## POSSIBLE COMPLICATIONS

A colonoscopy procedure is safe, with serious complications occurring less than one percent of the time. One possible complication is perforation or tear through the bowel wall that could require surgery. Bleeding may occur at the biopsy site but is typically minor.

Although complications after a colonoscopy are uncommon, it is important to recognize early signs of possible complications. Written instructions will be given to you after the completion of the colonoscopy procedure.

## PREPARING FOR A COLONOSCOPY

- + Follow any additional instructions provided to you by your physician.
- + Continue to take your regular medication the day before and the day of your procedure, except for those medications your physician told you to stop taking.
- + Prior to your appointment, write down all the medications (prescription, non-prescription, herbal supplements, etc.) you are taking. Include the dosage of the medications and the number of times they are taken each day. Bring this list of medications with you to your scheduled appointment.
  - Also list any medical conditions and allergies you have. If you take blood thinning medication (such as aspirin, Coumadin, Plavix or warfarin), or have a heart murmur, recent joint replacement or stent placement, make your physician is aware of this before your colonoscopy procedure.
  - Certain medications may need to be stopped temporarily or antibiotics may need to be given.
  - Inform your physician if you are pregnant.
- + During the procedure, you will be positioned on your left side and may be asked to turn during the procedure. You also may feel pressure, bloating or cramping during the procedure.
- + The procedure takes approximately 30 minutes, but plan to be at the Endoscopy department for 1 ½ to 2 hours. (Note: Patients requiring IV antibiotics or having a pro-time/INR drawn prior to the procedure may need to allow more time for their visit).
- + A responsible adult driver will be required to drive you home. (No taxis or shuttle services. Medical taxis are allowed.)
- + Your driver must come inside and pick you up within **two hours of dropping you off**.
- + DO NOT drive, work or make any life-altering decisions for 24 hours after the procedure.
- + If you are taking:
  - **Coumadin (warfarin):** It is recommended to stop taking this medication five days prior to your scheduled procedure. Check with your primary care provider or cardiologist BEFORE stopping these medications.
  - **Pradaxa (Dabigatran), Eliquis (Apixaban), Xarelto (Rivaroxaban) or any other blood thinner:** It is recommended to stop taking these medications two days prior to your procedure. If you have chronic kidney disease this medication should be stopped three days prior to your procedure. Check with your primary care provider or cardiologist before temporarily stopping these medications.
  - **Aspirin:** is okay to continue, unless otherwise instructed by your healthcare provider.
  - **Plavix:** It is recommended to stop taking Plavix five days prior to your scheduled procedure. Check with your primary care provider or cardiologist BEFORE stopping this medication, as it may interfere with the ability to perform interventions (such as polyp removal, dilation) during the procedure.

- + If you are diabetic and take diabetes medication, contact your primary care physician or endocrinologist to discuss the dosing of your insulin and/or oral diabetic medications BEFORE your scheduled procedure. Dosages may need to be adjusted due to the modified diet one day prior to the procedure.
- + Contact your primary physician before your scheduled procedure if you require antibiotics prior to the procedure, have a heart murmur, had a recent joint replacement, or have a stent.
- + **On the day of your procedure**, you may take essential medications with a small sip of water **by 5 a.m.** Wait to take your non-essential medications until after your procedure.
- + Please arrive at your scheduled check in time.
- + Wear loose-fitting clothing.
- + Refrain from wearing any fragrances (lotions, perfume/cologne)

## SUPREP BOWEL PREPARATION

1. **Pick up the Suprep Bowel Prep Kit from your pharmacy.**
2. **Five days prior to your procedure** – begin a low fiber diet. (AVOID whole grains, fresh fruits or raw vegetables, beans, raisins, berries, nuts, popcorn.)

Recommended low fiber options:

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|--|---|---------------------|
| - potatoes   | - low fiber cereal                        | - cooked vegetables |
| - wheat or white bread<br>(no nuts or whole wheat) | - soda crackers                           | - fruit juices      |
| - English muffins                                  | - pasta                                   | - rice              |
| - bagels   | - canned fruits or fruits<br>without skin | - low fat meats     |
|  |   | - dairy products    |

3. **One day prior to your procedure:**

Start the clear liquid diet. You will be on a clear liquid diet the entire day before your procedure. (NO red liquids, solid foods, or alcoholic beverages the entire day before the procedure.)

Recommended clear liquids:

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|--|-------------------------|--|
| - Gatorade                                     | - Hi-C                  | - Gummy bears                                    |
| - Propel                                       | - Other sport drinks    | - Small amounts of tea<br>or coffee (no creamer) |
| - Vitamin water                                | - Fruit juice (no pulp) | - Pedialyte                                      |
| - Apple, white grape,<br>white cranberry juice | - Soup bouillon/broth   | - Crystal light                                  |
| - Kool-Aid                                     | - Jell-O                |  |
|  | - Popsicles             |  |

Be sure to drink plenty of water throughout the day and a good variety of clear liquids. AVOID dairy products, large quantities of caffeinated products and carbonated beverages.

### \*\* Important Note:

**At 5:00 pm** (day before your procedure):

- Pour one 6-ounce bottle of SUPREP liquid into the mixing container.
- Add cool drinking water to the 16-ounce line on the container and mix.
- Drink ALL the liquid in the container.
- You MUST drink 2 more 16-ounce containers of water over the next hour.

4. **Day of your procedure**

**(Ridgeview Waconia, Chaska, Le Sueur patients only) – 4 HOURS BEFORE YOUR PROCEDURE**

- Pour one 6-ounce bottle of SUPREP liquid into the mixing container.
- Add cool drinking water to the 16-ounce line on the container and mix.
- Drink all the liquid in the container.
- You must drink 2 more 16-ounce containers of water over the next hour.

***\*You must finish drinking the final 16-ounces of water at least two hours before your colonoscopy procedure. Continue to drink clear liquids up to two hours prior to your procedure, then DO NOT eat or drink anything until your procedure is over.***

***(Ridgeview Arlington patients only) – 7 to 8 HOURS BEFORE YOUR PROCEDURE***

- Pour one 6-ounce bottle of SUPREP liquid into the mixing container.
- Add cool drinking water to the 16-ounce line on the container and mix.
- Drink all the liquid in the container.
- You must drink 2 more 16-ounce containers of water over the next hour.

***\*You must finish drinking the final 16-ounces of water at least six hours before your colonoscopy procedure. Continue to drink clear liquids up to six hours prior to your procedure, then DO NOT eat or drink anything until your procedure is over.***

## REMINDERS

- + Bring a list of all your medications (over-the-counter and prescription).
- + You must have an adult driver to take you home following the procedure. **If you do not have someone to drive you home, your procedure will be rescheduled to another day.** You cannot use public taxis or shuttles. Medical taxis are allowed. Your driver must come inside and must come within two hours of the start of your procedure.
- + Bring your health insurance card and a photo ID.
- + STOP drinking clear liquids two hours prior to your procedure.  
**(Arlington Campus patients only: Stop drinking six hours prior to your procedure.)**

## PARKING

**Ridgeview Arlington Campus  
601 West Chandler Street, Arlington, MN 55307**

Park in the emergency room parking lot. Enter through the emergency room doors and check in at the front desk (nurses' station).

**Ridgeview Le Sueur Campus  
621 S. Fourth Street, Le Sueur, MN 56058**

Park in the outpatient clinic parking lot. Enter through the doors with the large canopy and check in at the front desk (registration).

**Ridgeview Professional Building  
Endoscopy – Suite 2  
560 South Maple Street, Waconia, MN 55387**

Park in the main parking lot located across from the main entrance of the hospital. Take the elevator down to the "Pond Level" (-2 floor).

**Two Twelve Medical Center  
Endoscopy - Suite 320  
111 Hundertmark Road, Chaska, MN 55318**

Park in the patient parking lot and proceed to the third floor.