

SEASIDE ENDOSCOPY PAVILION
34444 King Street Row
Lewes, Delaware 19958

Phone (302) 644-3852 FAX (302) 644-3854

2 Day Suprep/Miralax Prep

Colonoscopy Instructions for Dr. Caruso's patients

Suprep is a prescription medication that you will need to have filled at your pharmacy.

You will also need to purchase 4 Dulcolax tabs and Miralax (8 dose bottle/box).

The scheduling coordinator should call within a week to schedule a date for your procedure.

It may be longer if cardiac clearance or other tests are needed prior to scheduling.

PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY!

Failure to follow these instructions may result in cancellation of your procedure.

Please note: Diet pills must be stopped 2 weeks prior to your procedure!

THE WEEK BEFORE YOUR PROCEDURE:

We ask that you stop taking the following medications 5 days prior to your procedure:

Aspirin	Multi-vitamins	Coumadin (Warfarin)
Ecotrin	Fish Oil	Celebrex
Plavix (clopidogrel)	Glucosamine	Vioxx
Ticlid	Aleve (Naproxen)	Naprosyn
Vit E	Motrin, Advil (ibuprofen)	Any NSAID (anti-inflammatory)

Pradaxa, Eloquist, and Xarelto may be held for 2 days prior to your procedure

Let your primary care physician know that you will be having a colonoscopy and you have been asked to stop these medications five days prior to your exam. Please let us know as soon as possible, if you are unable to stop these medications.

A nurse will call you 2-3 days prior to your procedure to confirm your appointment time and answer questions. Remember, if you have any questions or do not understand any portion of these instructions, you may also call the endoscopy center @ (302) 644-3852

2 DAYS BEFORE YOUR PROCEDURE :

- You may have a light breakfast before 10AM:
This may include eggs (boiled or poached), toast, oatmeal or cereal.
Please avoid meats and fried foods.
This will be your last solid food until after the procedure.
- **At 12 Noon:** Mix the 1ST bottle of Suprep in the enclosed cup with water to the fill line. **Drink within 1 hour.**
- Fill the cup with water 2 more times and drink within the next hour.
- **At 5PM:** Mix the 2nd bottle of Suprep in the cup with water to the fill line.
Drink within 1 hour.
- Follow with 2 more cups of water within the next hour.
- **During this prep day, it is important to continue to drink clear liquids throughout the day. The prep is very dehydrating.** See Clear Liquid Diet below.

THE DAY BEFORE YOUR PROCEDURE:

- Continue with clear liquids throughout the day.
- **At 12 Noon:** Take **2 Dulcolax** pills, then begin drinking 1 glass of **Miralax** about every 45 minutes for a total of **6** glasses.
- **At 5PM:** Take **2 more Dulcolax** pills. You should continue drinking clear liquids throughout the evening.
- **During this prep day, it is important to continue to drink throughout the day and evening. The prep is very dehydrating.**

THE DAY OF YOUR PROCEDURE:

- **5 hours prior to your arrival time:**
Drink 2 more glasses of the **Miralax** within 1 hour.
 - **THEN, NOTHING BY MOUTH,** nothing by mouth includes NO candy, gum or ice chips
- If you use inhalers take your usual am dose and bring them with you.
 - If you are diabetic, please check your blood sugar before you leave.
 - Please bring insurance card and a picture ID with you.
 - Bring the Health Questionnaire (filled out).
 - Bring your reading glasses, if needed.

You will be sedated during the procedure and must have a responsible adult to be with you after the procedure and to **DRIVE YOU HOME. THEY MUST BE OVER 18 YEARS OF AGE.** You also will **NOT** be able to go to work the day of your procedure.

CLEAR LIQUID DIET:

Beverages: Water, soft drinks, sport drinks, fruit juices without pulp (apple juice, white grape juice, lemonade), tea or coffee (no milk or non-dairy creamer)

Other: Low sodium chicken or beef broth, hard candy, Jell-O (NO fruit or toppings), popsicles(No sherbets, No fruit bars), hard candy

Please avoid anything with red or purple coloring as these can leave a residue in the bowel resembling blood. Keep this in mind when purchasing Jello-O, popsicles, juice and hard candy.