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## **PREPARING FOR YOUR COLONOSCOPY – SUPREP**

### ***What day is my procedure?***

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### ***What time is my procedure?***

- Arrival time is provided by SPACE COAST ENDOSCOPY CENTER a few days prior to your procedure.
  - o (Please note: if you have questions about your arrival time, please call Space Coast Endoscopy Center directly at 321-504-4440. Dr. Seara’s office does not have knowledge of arrival times for procedures.)

### ***Where do I pick up my prep?***

- **Suprep** is a prescription- it has been sent to your pharmacy.
- You will also need to purchase a bottle of **magnesium citrate**- this portion of the prep is available over the counter on the laxative aisle.

### ***Should I stop taking BLOOD THINNERS prior to the procedure?***

YES NO

For \_\_\_\_ days

### ***Should I stop eating ALL fruits and vegetables (unless juiced or in a smoothie)?***

YES NO

For \_\_\_\_ days

### ***When should I drink the magnesium citrate?***

- Drink the entire 10oz bottle 2 evenings prior to your procedure.

### ***When should I start my clear liquid diet?***

- Start when you wake up the day before your procedure. You **MUST** remain on CLEAR LIQUIDS ALL DAY!! NO breakfast, lunch, or dinner of ANY kind!!

### ***How do I use the Suprep?***

- Start the first bottle of Suprep after 5pm on the day before your procedure. Mix the Suprep with 6oz of a clear liquid. Drink 16oz of water within 1 hour of taking the Suprep.
- Drink the second bottle 5 hours prior to checking in for your procedure. Please drink the second bottle the EXACT same way you did the first bottle (mix with clear liquid, follow with water).

### ***Notes/Additional Instructions***

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## HELPFUL HINTS

1. Your exam will only be as good as your colon prep. You will know you have had an effective prep when you have clear/yellow, watery bowel movements.
2. Chilling the laxative and drinking through the straw sometimes helps.
3. Baby wipes may be helpful. Vaseline can help in case of a sore bottom.
4. Remain close to the toilet facilities. The prep often starts working within an hour but may take many hours to start working.
5. Diabetics may use sugar free drinks to avoid increases in blood sugar. Monitor and control your blood sugar closely during your prep to prevent low and high blood sugar. Call your primary care doctor if you need help managing your blood sugar

## CLEAR LIQUID DIET LIST

- Patients tolerate the prep best when they do not add the flavor pack, and instead fill the bottle to the fill line with lemonade or Gatorade (any color). You may substitute any other clear liquid of your choice.
- Gatorade, Powerade (sports drinks with electrolytes are recommended to help with hydration-***any color – including red and purple***)
- Water, tea, or coffee (NO cream or milk; sugar is OK); Lemonade (with no pulp), Iced Tea
- Broth or Boullion
- Jell-O, Popsicles, Italian Ice (no fruit or cream added)
- Juice – Apple, Grape or Cranberry (No orange, tomato, grapefruit, prune or any juice with pulp)
- Soda such as Sprite, 7-Up, ginger ale or any cola
- Clear hard candy, gum

**\*\*YOU MUST CANCEL YOUR APPOINTMENT 48 HOURS PRIOR TO THE PROCEDURE OR YOU WILL BE CHARGED A \$75.00 CANCELLATION FEE.\*\***



### **Colonoscopy**

A colonoscopy is an endoscopic examination of the large intestine with a flexible tube that has a light and a camera at the tip. With this instrument doctors are able to examine the inside of the large intestine to diagnose abnormalities such as polyps, biopsy, and treat some bleeding disorders. It is possible that Dr. Seara will need to inject air into your colon, which could cause you to have mild abdominal discomfort and gas. This will pass soon after your colonoscopy and you should be completely pain free. Complications are rare, but can occur. Some may include bleeding, perforation, diagnostic error, and side effects of the medications you will be given. It is important to note that a colonoscopy is not a 100% accurate test. Some small growths, such as polyps or cancer can be missed. This risk increases with stool remaining in the colon from an incomplete prep.

Alternative to colonoscopy: A barium enema can be performed for diagnostic purposes only. It cannot be used to treat any findings. The National Polyp Study found that barium enemas missed approximately 50% of the larger polyps. For removal of polyps the only alternative is surgery. Virtual colonoscopy is also available and is also known as a CT Scan colonoscopy. It is also only a diagnostic test.

Your procedure will be performed at Space Coast Endoscopy Center. This is an outpatient state-of-the-art endoscopy facility that has staff trained to assist you in completing your colonoscopy as comfortably as possible. Please read the information provided to you, about what you can expect once you arrive at Space Coast Endoscopy Center.

**Please stop taking any Aspirin, Plavix, Coumadin, Vitamin E, or any other blood thinning medication five (5) days prior to your test.** These medications may make the risk of bleeding higher if any biopsies are needed or any growths removed. Please discuss this with the prescribing doctor before stopping these medications to be sure that he/she is aware and in agreement with this recommendation. Your doctor may call Dr. Seara if they have any concerns with you discontinuing any of these medications for a short period of time. You may take Tylenol if necessary for a headache or mild discomfort, prior to your test. It does not alter your bleeding in any way. It is possible that, depending on your medical history, Dr. Seara could recommend that you continue to take your blood thinning medicine.

**DIABETICS: Do not take any oral diabetic medications the morning of your colonoscopy. You may take them to the endoscopy center and they will allow you to take your remaining medicine after your test. If you are on insulin please call your doctor managing your insulin and ask them what they would recommend prior to beginning your prep.**

You can expect to feel a bit sleepy following your colonoscopy. You may feel full and find that you pass a lot of gas. This is normal as Dr. Seara may need to inject air into your colon to improve visibility. This should pass within a few hours of the procedure and you should be back to normal. If you experience abdominal pain or a fever it is important that you notify Dr. Seara by calling the office at 321- 433-3000. A staff member will answer the phone if we are open, or you may leave a message and you will receive a phone call back. If the answering machine says to call the doctor on call, please do so.

Dr. Seara will discuss your colonoscopy with you after he completes your exam and you have woken up. If you have a normal colonoscopy with no biopsy, he will not schedule a follow-up appointment in the office. If you have any abnormal findings he will instruct you on what follow-up will be necessary. If any polyps are found during your colonoscopy, he will tell you and a 1, 3, or 5 year repeat exam will be written on your discharge instructions. If the pathology of your polyp shows any concerning cell changes or colon cancer you will be called by our office for a follow-up appointment. If you have a follow-up appointment at our office for some other reason, please keep that appointment. It is important to remember to notify us if you move or change your phone number.

Follow any instructions given to you by Space Coast Endoscopy Center and be sure to bring all paperwork with you the day of your test. If you need to download a copy of the Patient History Form you may go to <https://spacecoastendocenter.com/for-patients/patient-forms>. **The address for Space Coast Endoscopy is 1974 Rockledge Blvd. Rockledge, FL 32955. They are located about 1 mile south of our office. Eyster Blvd is the closest crossroad. The telephone number is (321)504-4440.**