

**PATIENT INFORMATION AND INSTRUCTIONS FOR COLONOSCOPY ONLY
OR COLONOSCOPY/EGD PROCEDURES**

Physician _____ Procedure Date _____ Arrival Time _____

Your procedure will be performed at the
Lexington Clinic Endoscopy and Surgical Center, Suite 200
1225 South Broadway, Lexington, KY 40504

(The brick building has a green roof and is located behind the main Lexington Clinic location)

Please review all information and instructions as soon as possible after receiving your packet. If you have questions, please call the appropriate number listed below, Monday - Friday, between 8:00 a.m. and 4:30 p.m.

General questions: *Lexington Clinic Gastroenterology Department, 859.258.4950*

Financial questions: *Lexington Clinic Billing Office, 859.258.6200*

Procedure questions: *Endoscopy and Surgical Center Nursing Staff, 859.258.4289*

A nurse will contact you 1-2 days prior to your procedure to review your instructions and medical information. If you are not available by phone or you do not have voice mail, please call the Endoscopy and Surgical Center nursing staff at least 24 hours prior to your procedure to receive instructions.

GENERAL INSTRUCTIONS

Seven (7) to ten (10) days before your colonoscopy/EGD

- If you are taking aspirin or aspirin-like products (Advil, Motrin, Ibuprofen, Excedrin, Aleve or Aspirin) please talk to your prescribing physician and ask if or when you should stop taking it. If you take aspirin due to a doctor's order to prevent a stroke or heart attack, we generally recommend you continue to take it.
- If you are using blood thinners such as Coumadin, Heparin, Plavix, Effient, Ticlid, Xarelto, Paradaxa or Brilinta, please call your prescribing physician at least seven (7) days prior to your procedure for instructions regarding possible dosing changes.
- **Arrange and confirm transportation. You MUST have a driver available to wait in the surgery center during the procedure and stay with you for 24 hours following your procedure.**
- Fill your prescription for the bowel prep and review the package contents. If you did not receive a prescription, one has not been called in to your pharmacy or you have an insurance/cost issue with the prep prescribed, please call the Gastroenterology Department at 859.258.4950.

Five (5) days before your colonoscopy/EGD

- Begin a low-residue diet containing foods that are starchy and easier for your body to digest. Examples include: white bread, plain crackers, white rice, corn flakes, well cooked fresh or canned vegetables without seeds, milk, cheese, meats, canned or cooked fruits without seeds or skins, such as applesauce or canned pears.

One (1) day before your colonoscopy/EGD

- Drink only clear liquids the entire day before the colonoscopy. **DO NOT** eat any solid foods. Examples of clear liquids are: apple juice, white grape juice, chicken or beef bouillon/broth, popsicles (no red or purple colors), Jell-O (no red or purple colors), sodas, coffee and tea (both without cream, non-dairy creamer or milk).
- Prepare your bowel prep. Step by step instructions are provided on the following page.

Day of your colonoscopy/EGD

- You may continue a clear liquid diet until two (2) hours prior to your procedure.
- You may not have any gum, mints or tobacco products two (2) hours prior to your procedure.
- You may take your medications with a sip of water two (2) hours prior to your arrival time if instructed by your physician or nurse.
- Bring a list of all medications you are currently taking along with the correct strengths and dosages.

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SUPREP INSTRUCTIONS

Suprep Bowel Prep Kit is a split-dose (2 day) regimen. Both 6-ounce bottles are required for a complete prep.

FIRST DOSE BOTTLE #1

Begin step 1 at 6:00 p.m. the evening before your colonoscopy. You must complete the steps below before going to bed:

1. Pour one (1) 6 ounce bottle of Suprep liquid into the mixing container.
2. Add cool drinking water to the 16-ounce line on the container and mix. Dilute the solution concentrate as directed.
3. Drink **ALL** of the liquid in the container.
4. You **MUST** drink two (2) more 16 ounce containers of water within the next hour.

SECOND DOSE BOTTLE #2

Begin step 2 on the morning of your procedure depending on your procedure time. Please read below to determine when to start second dose (bottle #2).

- If your procedure is scheduled before 9:00 a.m., you must take the second dose of Suprep 3 hours prior to your arrival.
- If your procedure is scheduled after 9:00 a.m., take your second dose at 6:00 a.m.

1. Pour one (1) 6 ounce bottle of Suprep liquid into the mixing container.
2. Add cool drinking water to the 16-ounce line on the container and mix. Dilute the solution concentrate as directed.
3. Drink **ALL** of the liquid in the container.
4. You **MUST** drink two (2) more 16 ounce containers of water within the next hour.

You must finish drinking the final glass of water at least 2 hours prior to your procedure. You may have nothing to drink 2 hours prior to your procedure.

If you are given a substitute prep from your pharmacy, please call our office at 859.258.4950 to discuss instructions. You may only have clear liquids the day before your procedure.