



U WELLNESS  
SURGICAL

## DETAILED INSTRUCTIONS FOR FLEXIBLE COLONOSCOPY

Name: \_\_\_\_\_  
Hospital/Facility: \_\_\_\_\_  
Hospital Address: \_\_\_\_\_  
Date of Procedure: \_\_\_\_\_  
Time of Arrival: \_\_\_\_\_ AM/PM                      Time of Procedure: \_\_\_\_\_ AM/PM

Dear Patient,

As you prepare for your upcoming flexible colonoscopy, it is crucial to follow the bowel preparation instructions carefully to ensure a clear view of your colon. Proper bowel preparation is essential for the success of the procedure. Below are detailed instructions for using Suprep for your bowel preparation, along with important information on contraindications and a comparison of Suprep with other bowel preparation options.

### What are the risks of the procedure?

Colonoscopy is a relatively safe procedure. Bleeding occurs in 0.7 – 2.5 % of the procedures associated with a polypectomy, and perforation occurs in 0.3 – 1.0 %. The overall mortality rate from a colonoscopy is 0.02%.

### IMPORTANT:

#### • BLOOD-THINNING MEDICATIONS NEED TO BE RESTRICTED:

- No need to hold Aleve, Advil, Motrin, Vioxx, Celebrex, Naproxen, Baby Aspirin (81 mg)
- HOLD WARFARIN, PLAVIX, ASPIRIN (>81 mg), VITAMINS/SUPPLEMENTS FOR 7 DAYS PRIOR
- HOLD ELIQUIS, XARELTO, SAVAYSA FOR 3 DAYS PRIOR
- HOLD PRADAXA FOR 3 DAYS IF GOOD KIDNEY FUNCTION, OTHERWISE HOLD FOR 5 DAYS PRIOR TO SURGERY

**PLEASE INFORM YOUR PRIMARY CARE PHYSICIAN OF OUR RECOMMENDATION. IF RECOMMENDED TO CONTINUE WITH ANY OF THESE MEDICATIONS, PLEASE CONTACT OUR OFFICE IMMEDIATELY OR PROCEDURE WILL BE CANCELED. (IT IS ALRIGHT TO TAKE TYLENOL IF NEEDED FOR PAIN).**

### Suprep Bowel Preparation Instructions:



## Four Days Before the Procedure:

### 1. Dietary Adjustments:

- a. Begin avoiding high-fiber foods. This includes raw vegetables, fruits with skins, seeds, nuts, and whole grains.

## One Day Before the Procedure:

### 1. Clear Liquid Diet:

- a. Start a clear liquid diet the entire day before your procedure. Clear liquids include:
  - i. Water
  - ii. Clear broths (chicken, beef, or vegetable)
  - iii. Tea or coffee (without milk or cream)
  - iv. Clear juices without pulp (apple, white grape, lemonade)
  - v. Sports drinks (avoid red or purple colors)
  - vi. Gelatin (avoid red or purple colors)
  - vii. Popsicles (avoid red or purple colors)
- b. Avoid any solid foods, dairy products, and any liquids that are not clear.

### 2. Start drinking the first part of your Suprep bowel preparation 17 hours before your scheduled procedure time.

- a. You will need:
  - i. Your 6-ounce bottle of Suprep liquid.
  - ii. A mixing container. This will come with your Suprep kit.
  - iii. 42 ounces of water. If you're using bottled water, use 3 16-ounce water bottles. If you do, you will have 6 ounces of water left over. If you're not using bottled water, you will need a measuring cup.
  - iv. Something to mix with, such as a wooden spoon.
- b. To make your mixture:
  - i. Empty the bottle of Suprep liquid into the mixing container.
  - ii. Add water up to the 16-ounce line on the container. Mix.
  - iii. Drink all the liquid in the container.
  - iv. Drink 2 more 16-ounce containers of water (32 ounces total) over the next hour. You do not need to drink the water all at once. But it's important to finish all 32 ounces during the hour. Only drink water during this hour. Do not drink anything else.
  - v. After you finish all 32 ounces of water, you can keep drinking other clear liquids. Stop drinking them no later than 4 hours before your scheduled arrival time.

### 3. Repeat these steps for the second part of your Suprep bowel preparation. Take your second Suprep bowel preparation 12 hours after the first prep (5 hours before your scheduled procedure time).



### Day of the Procedure:

#### 1. Fasting:

- a. Do not eat or drink anything starting at least 4 hours before your procedure. This includes water, gum, and mints.

#### 2. Medications:

- a. Take your regular medications with a small sip of water unless otherwise instructed by Dr. Kim. If you take blood thinners, diabetes medications, or have any other specific medical conditions, please inform our office for tailored instructions.

### Important Considerations and Contraindications:

#### 1. Contraindications:

- a. **Kidney Disease:** Suprep is contraindicated in patients with severe kidney disease or renal impairment, as it can lead to elevated levels of certain electrolytes in the blood.
- b. **Heart Conditions:** Patients with certain heart conditions or those taking medications that affect heart rhythm should avoid Suprep due to potential electrolyte imbalances.
- c. **Bowel Obstruction:** Do not use Suprep if you have a known bowel obstruction or severe gastrointestinal conditions.
- d. **Electrolyte Imbalance:** If you have a history of electrolyte imbalances, consult Dr. Kim before using Suprep.
- e. **Pregnancy and Breastfeeding:** Consult with Dr. Kim if you are pregnant or breastfeeding before using Suprep.

#### 2. Possible Side Effects:

- a. Diarrhea and abdominal cramping are expected as the bowel is being cleansed.
- b. Nausea or vomiting may occur. Stay hydrated and take small sips of clear liquids if this happens.
- c. Dizziness or lightheadedness due to dehydration. Ensure you drink plenty of clear fluids.

#### 3. Hydration:

- a. It is crucial to stay well-hydrated before, during, and after the bowel preparation process. Drink plenty of clear liquids to prevent dehydration.

### Things to remember

- You can drink clear liquids until 4 hours before your scheduled arrival time. Do not eat anything until after your procedure.
- Take only the medicines you were told to take the morning of your procedure. Take them with a few sips of water no later than 2 hours before you arrive at the hospital.
- If you wear contact lenses, wear your glasses instead.
- Do not wear any lotion, cream, makeup, powder, perfume, or cologne.
- Remove any jewelry, including body piercings.
- Leave valuable items at home.



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### **At home**

- You can eat all of your usual foods after your procedure, unless your doctor gives you other instructions.
- Do not drink alcohol for 24 hours after your procedure.
- You can go back to doing your usual activities 24 hours after your procedure.
- If you had a biopsy, it's normal to have a small amount of bleeding from your rectum. There should not be more than a few drops of blood. The bleeding should stop within 24 hours after your procedure.
- After a colonoscopy, it's normal for your bowel movements to be irregular or different from usual. This may last for up to a week after your procedure.

### **When to call your healthcare provider**

Call your healthcare provider if you have any of the following:

- A fever of 101 °F (38.3 °C) or higher.
- Very bad stomach pain or hardness.
- Bleeding from your rectum that lasts more than 24 hours.
- Bleeding between bowel movements.
- Weakness, faintness, or nausea.
- Heavy bleeding from your rectum.

### **Contact Information:**

If you experience any severe symptoms such as persistent vomiting, severe abdominal pain, dizziness, or signs of dehydration, please contact our office immediately at 925-430-5613. For any other questions or concerns regarding your bowel preparation or procedure, do not hesitate to reach out.

Thank you for your cooperation, and we look forward to providing you with the best possible care.

Sincerely,

**Dr. Ran S. Kim**

Colon & Rectal Surgery

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