



# TAYLOR STATION

## Surgical Center

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## **COLONOSCOPY INSTRUCTIONS: PLEASE READ CAREFULLY**

Start a clear liquid diet the day before your scheduled colonoscopy. This includes clear or strained fruit juices, jello (no red jello), clear broths, coffee, tea, and other bottled beverages such as sodas and sports drinks. **No milk or milk products.**

**Stop drinking 4 hours before your colonoscopy except for small sips of water to take your medications, if needed.**

You must continue your essential medications according to schedule. If you are diabetic, call your doctor who prescribes your diabetic medication to determine what dosage you need the day before your colonoscopy. Do not take your diabetic medication the morning of your colonoscopy. You must be off your BLOOD THINNER, COUMADIN 4 days before, PLAVIX 7 days before your colonoscopy. Please OK these changes with your Primary Care Physician or Cardiologist before stopping your COUMADIN or PLAVIX.

Please let us know if you have had a Prosthetic Heart Valve or joint replacement surgery within the last 6 months. You may need antibiotics before your colonoscopy.

Please look at the additional bowel preparation instructions, which must take place the day before and day of your colonoscopy.

Your colonoscopy has been scheduled at TSSC. Plan to arrive 90 minutes before your scheduled colonoscopy time.

You will not be allowed to drive yourself home after this procedure so please arrange transportation prior to your colonoscopy. You will be at the facility 2 to 3 hours total. You can return to your normal activities the day after your colonoscopy.

# **SuPrep Bowel Prep Kit Instructions**

\*You may also use Tri Lite Prep or MoviPrep\*

## **What to do the day before your colonoscopy:**

**DO NOT** eat or drink milk on the day of the prep. (drink clear liquids only).

SuPrep kit contains: 2 bottles of solution, 1 cup, and a patient information booklet.

### **STEP 1-4: 6:00 pm DRINK AL THE SOLUTION**

1. Pour ONE (1) 6-ounce bottle of SuPrep liquid into the mixing container.
2. Add cool drinking water to the 16oz fill line on the container and mix.
3. Drink all of the liquid in the container.
4. You **MUST** drink TWO (2) more 16oz containers of water over the next hour.

### **STEP 5: WAIT FOR A BOWEL MOVEMENT**

### **STEP 6: 4 hours before you leave home for your colonoscopy**

- Repeat steps 1 through 4
- See step 1 above

## **Clear Liquids**

Your doctor has ordered 24 hours of clear liquids for you to help prepare your body before your test or surgery. Do not eat solid foods during this time.

\*\*\*\*\*Nothing in red\*\*\*\*\*

You may have these liquids:

- Water
- Soft drinks
- Gaterade and other sports drinks
- Kool-Aid (no red)
- Clear juices: apple, white cranberry, white grape, (no orange juice)
- Strained lemonade, fruit punch, powered fruit mixes
- Tea, decaffeinated tea- no cream or non dairy creamer
- Coffee, decaffeinated coffee- no cream or non dairy creamer
- Broth, bouillon
- Jell-O (no red)
- Popsicles (no red)
- Hard candy, honey, sugar

You may NOT drink:

- Milk, smoothies or other dairy products
- Orange juice, fruit nectars or vegetable juices
- Alcohol

You may want to limit liquids with caffeine. These can upset an empty stomach.

If you are scheduled in the afternoon, the day before your procedure, you may have a light breakfast before 8 am. Lite Breakfast: 1 cup of black coffee, 1 poached egg, 1 piece of dry toast.