



**Mercy Gastroenterology**  
540 E. Jefferson Street, Ste 102  
Iowa City, IA 52245

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[mercyiowacity.org/Mercy-Clinics](http://mercyiowacity.org/Mercy-Clinics)

## A colonoscopy procedure has been scheduled for you on:

**DATE:** \_\_\_\_\_

**ARRIVAL TIME:** \_\_\_\_\_

### Your procedure will be performed at:

Mercy Iowa City  
Surgical Care Unit, level two of main hospital  
500 East Market Street, Iowa City, IA 52245

We will contact you 4-5 days prior to your procedure to confirm your procedure and arrival time.

**Please call Mercy Hospital Registration within 30 days of your scheduled procedure at 319-358-2687 or toll free at 1-888-252-1694, to register for your procedure.**

### Preparation Instructions:

#### Buy the following supplies for your procedure preparation:

- **One SUPREP Bowel Kit** (This medication requires a prescription. The prescription will be sent to the pharmacy you have listed with our clinic.)
- **Simethicone** (Gas X) tablets (125mg tablets- smallest quantity bottle). You will need four (4) tablets for your procedure. This medication is not a prescription.
- **Clear liquids** (See examples on page 3.)

Most daily prescription medications should be continued without interruption going into a colonoscopy, and these can be taken with no more than 8 oz. of water up to two (2) hours before your arrival time. Diuretics “water pills” however, should be skipped the morning of the procedure, and non-prescription supplements should be held starting two (2) days before the procedure.

If you have **diabetes requiring medication/insulin**, make sure you have been instructed by a provider regarding whether any doses of diabetes medication/insulin need to be skipped or adjusted on the day of your laxative preparation and colonoscopy. If you are uncertain, then please call.

If you (1) take **prescription blood thinning medication** and/or (2) have **heart or lung problems** that in any way limit your physical activity, then you must consult with your Mercy Gastroenterologist before proceeding.

## Seven days before your procedure:

- **DO NOT** eat roughage, i.e., salads, corn, nuts, peas, popcorn, foods with seeds, raw veggies
- **Do NOT** stop Aspirin products
- **Stop** Iron pills

## One day before your procedure:

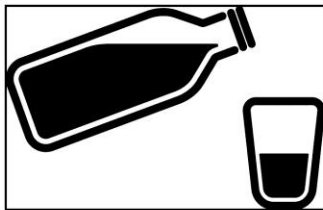
- 1) At 7 a.m., you may have a light breakfast such as one egg and one piece of white toast or bread, and then a clear liquid diet should be followed until your exam is completed.
- 2) At lunchtime- begin clear liquids only diet (**DO NOT** eat any solid foods)
- 3) Dinner /supper time- clear liquids only (**DO NOT** eat any solid foods)
- 4) Begin your bowel preparation instructions as outlined below:

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

### FIRST DOSE:

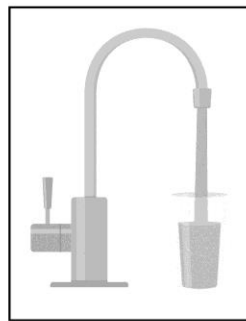
At 5 p.m. the evening before your procedure, start drinking the first part of your SUPREP bowel preparation. Start at 5 p.m. no matter what time you're scheduled to arrive for your procedure. Your second dose is to be taken the morning of your procedure. (see below)

Take 2 Simethicone (Gas X) tablets, during step 4



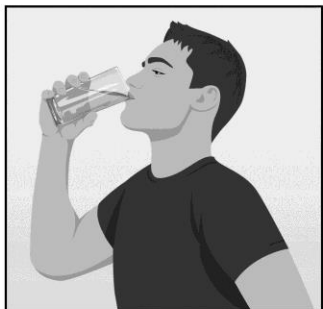
#### STEP 1

Pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container.



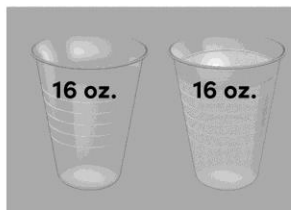
#### STEP 2

Add cool drinking water to the 16-ounce line on the container and mix.  
Note: Dilute solution concentrate as directed prior to use.



#### STEP 3

Drink ALL the liquid in the container.



#### STEP 4

You **MUST** drink two (2) more 16-ounce containers of water over the next hour.

### SECOND DOSE (day of procedure)

Begin the second dose following steps 1-4 (listed above) **four (4) hours before your arrival time** the morning of your procedure.

Take 2 Simethicone (Gas X) tablets, during step 4

**IMPORTANT:** For Step 4, you must finish drinking the final glass of water at least two (2) hours, or as directed, before your arrival time.

If you take heart and blood pressure and/ or asthma medications, you may take those with a small sip of water the day of your procedure. Unless specifically told differently by your Mercy Gastroenterology Health Care Provider.

You may drink clear liquids up to two (2) hours before your **arrival** time then nothing by mouth until your procedure is finished. **DO NOT** eat any solid foods.

**Please make arrangements to be driven home by a responsible adult driver (18 years of age or older).** This individual will be responsible for receiving discharge instructions following your procedure. Public transportation (taxi, bus) is only acceptable if accompanied by a responsible adult. Anyone without a driver and or responsible adult will be cancelled or rescheduled for another day.

### **Other Information**

- Please be aware that your scheduled procedure time is tentative and may change due to unforeseen circumstances.
- If you have any biopsies or polyps removed and you have not heard from us in ten (10) business days, you may call our clinic to receive your test results.
- You may receive separate bills, including one each from the facility, physician, pathology, and anesthesia.

### **Examples of clear liquids**

CLEAR LIQUIDS are anything you can see through. This includes clear fat-free broths, bouillon, tea, coffee, Kool-Aid, Crystal Light, carbonated beverages, sodas, orange juice and other fruit juices without pulp, popsicles without pulp, Jell-O, hard candies, and Italian ices. Not allowed: orange juice with pulp, fruit nectars, liquids you cannot see through, milk, cream. Avoid anything that is red, blue, or purple in color

**If you have any questions regarding your procedure, medications or preparation instructions; or you need to cancel or reschedule your procedure, please call our office at least four (4) days prior to your procedure date at 319-337-5997, Monday through Friday, 8 a.m. – 4:30 p.m.**

Thank you.