

The purpose of a colonoscopy is to look inside your large intestine (colon) for possible polyps, cancers, and other conditions. These instructions are for SUPREP, which will be sent to you by UNC Shared Services Pharmacy. If you have not received it within one week of your procedure, please call our nurse line at (984) 974-5052. **Plan to arrive ONE HOUR before your procedure time.**

Good prep includes the following:

☐ **A Driver**

You may receive sedation medications during your procedure. For your safety, we require that you have someone (18 years or older) drive you home. **If you do NOT have a driver, your procedure will be rescheduled.**

We have three locations. You should have already received instructions with your appointment date, time, and location. See your MyChart message, or text us at 984-974-5050, for assistance. To set up MyChart, please call 888-996-2767.

- **GI Procedures Memorial Hospital** (Basement Level)
UNC Medical Center, 101 Manning Drive, Chapel Hill NC 27514
(Parking is available in the Dogwood Parking Deck across the street, and valet parking is available in front of the hospital.)
- **GI Procedures Hillsborough Campus** (2nd Floor)
UNC Hillsborough Campus, 460 Waterstone Drive, Hillsborough, NC 27278
- **GI Endoscopy Center Meadowmont** (3rd Floor)
UNC GI Endoscopy Center, 300 Meadowmont Village Circle, Suite 302, Chapel Hill, NC 27517

☐ **Diet Changes and Bowel Preparation**

This procedure requires diet changes that start three days before your procedure. We will also be sending you a prep solution that you will need to start one day before your procedure. All of this preparation will help the doctor see the inner lining of your colon. **A colon that is poorly “prepped” may cause us to reschedule your procedure.** We have included a calendar (“Your Prep Calendar,” pages 3-4) to assist you with planning your diet changes and bowel prep.

☐ **Review your Medications**

You may need to take medications differently than you usually do. See page 2.

☐ **Scheduling**

To *cancel* your procedure, please text (984) 974-5050. To *reschedule* your appointment, call (984) 974-5050, and choose Option 1. When prompted again, choose Option 2.

- ☐ **Nurse:** To ask a question about your medications, diet or other concerns, call our nurse line at (984) 974-5052. This phone line is open Mon-Fri, 8am-4pm. If needed, please leave a message and a nurse will call you back as soon as possible. If it is **after hours or over the weekend** and you have an **urgent concern**, please call the UNC operator (984) 974-1000 and ask to speak to the “On-Call GI Fellow.” If it is an emergency, call 911.

Colonoscopy Instructions, SUPREP Bowel Prep

Your Medications



You may need to adjust your medications. See the below chart as a guide. Call our nurse line if you have any questions or concerns about your medications, (984) 974-5052.

Medication Categories	Day Before Colonoscopy	Day Of
Aspirin (81mg or 325mg)	Take as normal*	Take as normal*
“Over-The-Counter” Pain Medications (e.g., Ibuprofen, Aleve, Motrin, Tylenol)	Take as normal	Take as normal
Levothyroxine (Brand Name: Synthroid)	Take as normal	Take as normal
All Diet Supplements (e.g., fiber, fish oil, Vitamin E, or anything with iron)	Do NOT take	Do NOT take until after procedure
All Long Acting Diabetes (e.g., Lantus, Basaglar, Levemir, Tresiba)	Take ½ of your regular dose	Do NOT take until after procedure
All Short Acting Diabetes (e.g., Humulin, Humalog, Novolin, Novolog, Metformin, Glipizide)	Take as normal	Do NOT take until after procedure
Diuretics (“Water Pills”) (e.g., Lasix, Hydrochlorothiazide, Aldactone, Spironolactone)	Take as normal	Do NOT take until after procedure
These <i>Specific</i> Blood Pressure Medications: Lisinopril, Enalapril, Quinapril, Fosinopril, Captopril, Benazepril; Losartan, Valsartan, Azilsartan, Olmesartan, Candesartan, Eprosartan, Irbesartan, Telmisartan	Take as normal	Do NOT take until after procedure
Other Blood Pressure Medications (e.g., Metoprolol, Amlodipine, Carvedilol)	Take as normal	Take as normal
“Statins” (e.g., Atorvastatin, Pravastatin, Simvastatin)	Take as normal	Take as normal
Seizure Medications	Take as normal	Take as normal
Anti-anxiety, Anti-depression, Anti-psychotic Medications	Take as normal	Take as normal
Blood Thinners (e.g., Coumadin, Eliquis, Plavix, Xarelto, Brilinta, Effient, Pradaxa)	If you are on a blood thinner, our nurse should have already contacted you. Call us with questions (984-974-5052).	

**Take Aspirin as normal unless specifically told otherwise by your doctor.*

Colonoscopy Instructions, SUPREP Bowel Prep

Your Prep Calendar, part 1

Three days before your procedure (Date: _____)

- ☐ Make sure you have your SUPREP medication. It will come from our UNC Shared Services Pharmacy along with a copy of these instructions.
- ☐ Confirm your driver (see page 1).
- ☐ Start your **LOW FIBER DIET**. Please review our **LOW FIBER DIET** options on page 5.
- ☐ **Stop all fiber supplements** such as Metamucil or Citrucel.

Two days before your procedure (Date: _____)

- ☐ Continue **LOW FIBER DIET** (page 5).
- ☐ Review medications (page 2).

One day before your procedure (Date: _____)

- ☐ No solid food all day. **** No matter what time your procedure is scheduled, you cannot eat for the entire day, or your procedure will not be completed. ****
- ☐ When you wake up, change to a **LIQUID DIET** (see below), and review medications (see page 2).

<i>What I can Eat/Drink on a Liquid Diet</i>	<i>What I need to AVOID</i>
Gelatin/Jell-O, but <i>not</i> red, blue or purple in color.	NO SOLID FOODS
Fat-free milk, fat-free vanilla pudding, fat-free yogurt (plain or vanilla flavors only, and Greek versions are okay)	
Fat-free, clear broth (strain all pulp and fat, no beans or veggies)	Do NOT drink anything with particles, oil or fat. Strain first.
Clear Liquids (nothing that is red, blue, or purple): water, sports drinks, sodas (Coke or Pepsi are okay), clear juice with no pulp, coffee and tea (sugar is okay), Italian ice	No red, blue, or purple drinks (e.g., sports drinks, sodas, juices)
	No orange or pineapple juice, or any juice with pulp

5:00 PM

- ☐ Pour the contents of one bottle of SUPREP Bowel Prep into the mixing container provided. Fill the container with water to the 16 oz. fill line. Drink the entire amount. Drink two additional 16 oz. containers of water (32 oz. total) over the next hour. If working properly, you will begin to have bowel movements within 4 hours.

<i>Normal Prep Side Effects</i>		<i>Abnormal Prep Side Effects</i>	
<i>Normal</i>	<i>What to Do</i>	<i>Abnormal</i>	<i>What to Do</i>
Diarrhea	<ul style="list-style-type: none"> • Drink slower • Take breaks • Drink the mixture cold • Drink through a straw 	<ul style="list-style-type: none"> • Skin rash or itching • No bowel movements within 4 hours of finishing your evening prep 	<ul style="list-style-type: none"> • Stop taking SUPREP • After 4pm, call UNC at (984) 974-1000. • The operator will contact the "GI Fellow on Call." • For emergencies, call 911
Bloating			
Chills			
Cramps			
Nausea			
Vomiting			
Headache			
Irritation of rectal area			

The **DAY OF your procedure** (Date: _____)

- ☐ When you wake up, **STOP the LIQUID DIET.**

At least FOUR (4) hours before your procedure time

- ☐ Pour the contents of the second bottle of SUPREP Bowel Prep into the container provided. Fill the container with water to the 16 oz fill line. Drink the entire amount. Then drink two additional 16 oz containers of water over the next hour (32 oz total).
- ☐ Finish it **NO LATER** than 2 hours before your procedure.
- ☐ **NO SOLID FOOD** until after your procedure is completed.
- ☐ **You may only have: your SUPREP solution, water, black coffee, or black tea (with or without sugar).**

TWO (2) hours before your procedure time

- ☐ You should be finished with your SUPREP at least two hours before your procedure time, or two hours before you get in the car to drive here (if you live a long distance away).
 - ☐ Take any approved medications (see page 2) *at least* 2 hours before your procedure time.
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Here are some reminders for your procedure day:

- ☐ Plan to arrive one hour before your procedure time. Be sure to come with an adult driver (18 or older) who will take you home. You should expect to spend up to 4 hours in our procedure unit.
- ☐ Please review your medications (see page 2) and bring a list of them to your procedure.
- ☐ Remember, follow our diet and medication instructions on pages 2-4, *or your procedure will likely be cancelled.*
- ☐ If you have an ostomy, please bring a new set of supplies in case your ostomy needs to be changed.
- ☐ After your procedure, our team will review the results of your procedure, observe you, and call your driver when you are ready to be discharged.
- ☐ Your driver is required to stay nearby (within 20 minutes of the procedure site) for the entire time, and sign you out after the procedure.

LOW FIBER DIET		
What I can Eat/Drink		What to AVOID
Fruits	Applesauce canned or cooked fruit without skin or seeds (only peaches, pears, apricots, apples) ripe bananas	All seeds in any fruit All berries and all melons Canned pineapple, oranges, grapefruit sections, mixed fruit Raw fruit (ripe bananas are ok) avocado, coconut, tomato
Vegetables	Tender, well-cooked, fresh, canned, and frozen vegetables, such as: peeled carrots, green beans, beets, spinach, broccoli, cauliflower strained vegetable juice	Vegetables with seeds Fibrous cooked vegetables, such as: artichokes, asparagus, broad beans, cabbage, Brussel sprouts, celery, corn, cucumber, eggplant, mushrooms, onion, peas, sauerkraut, squash, tomatoes, zucchini ALL raw vegetables, such as: lettuce, onion, celery, cucumber, mushrooms, scallions, avocado
Meats or Proteins	Cooked and tender meat and fish such as: poultry, beef, lamb, pork, veal, fish, organ meats Cheese, eggs, tofu, tuna fish Creamy peanut butter Other creamy nut butters, such as: almond butter, cashew butter	Beans, peas, lentils, or nuts Crunchy peanut butter; Any crunchy-style nut butter Meat substitutes that have whole grains, nuts, or seeds Non-tender meats; gristle Ham, hot dogs, salami, cold cuts
Dairy and Dairy Substitutes	Cow's milk, cream, half & half Ice cream Yogurt Cheese Oat milk, soy milk, almond milk Coconut milk, coconut cream	Any ice cream or cheese with nuts or seeds Yogurt with fruit
Drinks	Coffee, tea Bottled water, tap water, carbonated beverages Apple juice, strained juice, fruit punch (no pulp) Kool-Aid or Hi-C (no red, blue or purple colors) Italian ice, sports drinks, sodas (No red, blue or purple colors. Coke or Pepsi are ok.) Nutritional supplements without added fiber, such as: Boost, Ensure (chocolate, strawberry or vanilla are okay)	Any beverage that has pulp or seeds, such as: orange juice, grapefruit juice Prune juice Nutritional supplements that contain fiber
Grains, Potatoes, Rice, Starches	Refined breads, rolls, bagels, English muffins, pita bread, biscuits, muffins, crackers, pancakes, waffles, pastries, Graham crackers Refined, cooked, or cold cereals such as: hominy grits, farina, cream of wheat or rice, Cheerios, Corn/Rice Chex cereal, Corn Flakes, Rice Krispies, Special K White rice Refined pasta Potatoes without skin Sweet potatoes without skin	Any bread, cereal, cracker, pasta made with seeds, nuts, coconut, raw fruit, or dried fruit Whole- or multi-grain breads Whole- or multi-grain cereals Whole- or multi-grain pasta Bran, corn bread, granola, oatmeal Barley, brown rice, wild rice Sprouted wheat, wheat germ Quinoa Potato skins

Special COVID Information

In preparation for your colonoscopy at UNC Health, please read through the following COVID-related information.

Symptoms

If you develop symptoms of COVID (or you have had close contact with a person who is COVID-positive) within 3 weeks of your procedure date, please call our nurse line at (984) 974-5052. This phone line is monitored Monday-Friday, 8am-4pm. We will help you determine if we need to reschedule your procedure, or if a COVID test is needed.

Symptoms include:

- Cough
- Shortness of breath
- Loss of taste or smell
- Sore throat
- Fever or feeling feverish
- Repeated shaking chills
- Muscle pain
- Vomiting
- Diarrhea

Exposure to a Person with COVID

If you have had close contact with a person with confirmed COVID within 21 days of your procedure date, please call or text us at 984-974-5050. We will help you determine if we need to reschedule your procedure, or if a COVID test is needed.