

T. ANN TONNU, M.D., LLC

301-721-1614

9057 Shady Grove Court

Gaithersburg, MD 20877

COLONOSCOPY-SUPREP PREPARATION

This procedure has been suggested by your physician to examine the lower portion of your colon and rectum to check for colitis, polyp or tumor. Please strictly follow instructions to clean your bowel.

IMPORTANT: A clean colon will make the examination easier and faster for you.

No Advil, Naproxen, Aleve, Ibuprofen. 1 week prior to procedure date. Please notify office if you are taking blood thinner products such as Plavix, Coumadin, Eliquis, Pradaxa, Xarelto, etc. so you can get appropriate instructions prior to your procedure.

APPOINTMENTS

ARRIVE on _____

___ Shady Grove Hospital Outpatient Surgery 9901 Medical Center Dr. Rockville, MD 20850
Tel. 301-279-6000

___ Advanced Surgery Center 10110 Molecular Dr., Suite 100 Rockville, MD 20850
Tel. 301-838-0437

DAY BEFORE EXAMINATION

Avoid eating vegetables and seeds 2 days prior to exam

Breakfast: Clear liquid plus small portion of porridge, oatmeal or cream of wheat

Lunch: Clear liquid plus soup (cream of celery or tomato) or Ensure

Dinner: CLEAR LIQUID ONLY WHICH INCLUDES:

- Strained fruit juices without pulp (apple, white grape, lemonade)
- Water, clear broth or bouillon (**chicken broth, beef broth**)
- Coffee or tea (without milk or non-dairy creamer)

All of the following that are **NOT** colored red or purple

- Gatorade
- Carbonated and non-carbonated soft drinks
- Kool-Aid or other fruit flavor drinks
- Plain Jello without added fruits or toppings, Ice Popsicles

7:00 PM FOLLOW THESE STEPS TO PREPARE TO CLEAN YOUR BOWEL

1. Pour one 6 fl oz bottle of Suprep liquid into the provided mixing container
2. Add cool drinking water to the 16 fl oz line on the container and mix
3. Drink slowly all the liquid in the container. Wash down the taste with your preferred liquid if nausea.
4. Drink two more glasses of 16 fl oz of water within 1 hour

ABSOLUTELY no solid food is allowed after midnight. Clear liquid is allowed.

DAY OF EXAMINATION

4 hours prior to procedure:

You must repeat Steps 1-4 as instructed above to completely clean your bowel

NO LIQUID IS ALLOWED 3 HOURS PRIOR TO SCHEDULED TIME OR YOUR PROCEDURE WILL BE POSTPONED.

1. Arrive for colonoscopy at scheduled time
2. Have someone to drive you back
3. Take all your medications as usual except diabetes medications