

# Dr. Mahendra Mahatma

**Date of Procedure:**

**Time:**

**Arrive at:**

**Location:**

Las Colinas Surgery Center  
4255 N. MacArthur Blvd.  
Irving, TX 75038  
972-257-0144

Baylor Irving Medical Center  
1902 N. MacArthur Blvd.  
Irving, TX 75061  
972-579-8100

Presby Flower Mound  
4400 Long Prairie Road  
Flower Mound, TX 75028  
469-322-7000

## SUPREP BOWEL PREP INSTRUCTIONS

### THE DAY BEFORE YOUR COLONOSCOPY:

Stay on a clear, liquid diet all day. Clear liquids include: Clear bouillon, water, Gatorade, tea with no cream, apple or white grape juice (no pulp), clear soft drinks, Jell-O or Popsicles. **AVOID ANYTHING RED OR PURPLE. AVOID MILK PRODUCTS.**

#### At 5 P.M. (the evening before your procedure)

Complete Steps 1 through 4 using one bottle in your Suprep kit.

1. Pour **One** (1) 6-ounce bottle of Suprep liquid into the cup.
2. Add cool drinking water to the 16-ounce line on the cup and mix.
3. Drink **ALL** the liquid in the cup.
4. You **MUST** drink two (2) more 16-ounce cups of water over the next hour.

#### AT: 9 P.M. (the evening before your procedure)

Repeat steps 1 through 4 using the other 6-ounce bottle of Suprep

1. Pour **One** (1) 6-ounce bottle of Suprep liquid into the cup.
2. Add cool drinking water to the 16-ounce line on the cup and mix.
3. Drink **ALL** the liquid in the cup.
4. You **MUST** drink two (2) more 16-ounce cups of water over the next hour.

**\*Be sure and finish ALL of the solution and water.**

**\*Both 6-ounce bottles are required for a complete prep.**

Do not take medications such as ASPIRIN, ADVIL, PLAVIX, COUMADIN, AND ANY OTHER NON-STERIODAL ANTI-INFLAMATORY DRUGS 5 days prior to procedure. Please notify the PCP or Cardiologist if you stop any blood thinners prior to procedure. Please do not plan to travel long distance for 2 weeks after the procedure.

Due to the IV sedation, you must have a driver transport you home after the procedure.

We cannot stress the importance of the instructions. The procedure you are having is very important in determining your condition and helping the doctor in his diagnosis and treatment plan. **If there is any confusion regarding these instructions, please do not hesitate to call Dr. Mahatma's office at 972-331-1590.**

# CLEAR LIQUID DIET

*This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed.*

*This can be an example for what you can drink for:*

## **Breakfast**

4oz. Grape juice  
5oz. Broth  
Jell-o  
Tea

## **Lunch**

4oz. Apple juice  
6oz. Broth  
Jell-o  
Tea

## **Dinner**

4oz. Orange juice  
6oz. Broth  
Jell-o  
Tea

**Foods to Avoid-** Milk, Milk Drinks, Fruit Juices with Un-Strained Fruit. **No Red or Purple Colors.**

**Foods Allowed-** Tea, Apple Juice, Orange Juice, White Grape Juice, Clear Broth, Jell-o, and Gatorade.

## ***Taken From the ASGE - American Society for Gastrointestinal Endoscopy***

### **What is a Colonoscopy?**

Colonoscopy is a procedure that enables the your physician to examine the lining of the colon (large bowel) for abnormalities by inserting a flexible tube that is about the thickness of your finger into the anus and advancing it slowly into the rectum and colon.

### **What Preparation is Required?**

The colon must be completely clean for the procedure to be accurate and complete. Your physician will give you detailed instructions regarding the dietary restrictions to be followed and the cleansing routine to be used. In general, preparation consists of either consumption of a large volume of a special cleansing solution or several days of clear liquids, laxatives and enemas prior to the examination. Follow your doctor's instructions carefully. If you do not, the procedure may have to be cancelled and repeated later.

### **What About My Current Medications?**

Most medications may be continued as usual, but some medications can interfere with the preparation of the examination. It is therefore best to inform you physician of your current medications as well as any allergies to medications several days prior to the examination. Aspirin products, arthritis medications, anticoagulants (blood thinners), insulin, and iron products are examples of medications whose use should be discussed with your physician prior to this examination. It is also essential that you alert your doctor if you require antibiotics prior to undergoing dental procedures, since you may need antibiotics prior to colonoscopy as well.

### **What can be Expected During Colonoscopy?**

Colonoscopy is usually well tolerated and rarely causes much pain. There is often a feeling of pressure, bloating or cramping at times during the procedure. Your doctor may give you medication through vein to help you relax and better tolerate any discomfort from the procedure. You will be lying on your side or on your back while the colonoscope is advanced slowly through the large intestine. As the colonoscope is slowly withdrawn, the lining is again carefully examined. The procedure usually takes 15 to 60 minutes. In some cases, passage of the colonoscope through the entire colon to its junction with the small intestine cannot be achieved. The physician will decide if the limited examination is sufficient or if other examinations are necessary.

### **What if the Colonoscopy Shows Something Abnormal?**

If your doctor thinks an area of the bowel needs to be evaluated in greater detail, a forceps instrument is passed through the colonoscope to obtain a biopsy (a sample of the colon lining) or a small brush is introduced to collect cells (a cytology test). These specimens are submitted to the pathology laboratory for analysis. If colonoscopy is being performed to identify sites of bleeding, the areas of bleeding may be controlled through the colonoscope by injecting certain medications or by coagulating the bleeding vessels. If polyps are found, they are generally removed. None of these additional procedures produce pain since the colon lining can only sense stretching. Remember, biopsies are taken for many reasons and do not necessarily mean that cancer is suspected.

### **What are Polyps and Why are They Removed?**

Polyps are abnormal growths from the lining of the colon which vary in size from a tiny dot to several inches. The majority of polyps are benign (non-cancerous) but he doctor cannot always tell a benign from a malignant (cancerous) polyp by its outer appearance alone. For this

reason, removed polyps are sent for tissue analysis by the pathologist. Removal of colon polyps is an important means of preventing colorectal cancer.

### **How are Polyps Removed?**

Tiny polyps may be totally destroyed by fulguration (burning) but larger polyps are removed by a technique called snare polypectomy. The doctor passes a wire loop (snare) through the colonoscope and sever the attachment of the polyp from the intestinal wall by means of an electrical current. You should feel no pain during the polypectomy. There is a small risk that removing a polyp caused bleeding or result in a burn to the wall of the colon which could require emergency surgery.

### **What Happens After Colonoscopy?**

After colonoscopy, your physician will explain the results to you. If you have been given medication during the procedure, you will be observed until most of the effects of sedation have worn off (½ to 2 hours). You will need someone to drive you home after the procedures.

You may have some cramping or bloating because of air introduced into the colon during the examination. This should disappear quickly with the passage of flatus (gas). Generally, you should be able to eat after leaving the endoscopy area but your doctor may restrict your diet and activities, especially after polypectomy.