PACT Physicians Alliance of Connecticut | Hartford HealthCare

PACT Gastroenterology Center

Bridgeport • Guilford • Hamden • Milford

How to prepare for your Colonoscopy with Suprep Kit & Happy Colon Kit

Follow only these instructions (disregard the instructions that come with the kit). Please read over these instructions carefully as soon as you receive them.

You must purchase a Happy Colon Foods Kit from Endoscopy Center of CT. Both locations Hamden and Guilford are selling these daily between the hours of 7:30am – 3:30 pm. The cost is $40 credit card or check payments. You may also contact them at 203.281.3636 to purchase the kit.

Remember, your appointment could be rescheduled or cancelled if:

- **You do not finish your prep or appropriately follow the prep instructions below.**
- **You consume any food or drink within 3 hours of your arrival time.**
- **You do not arrive for your appointment on time.**
- **You do not have a ride home.** Medications will be given to you at the time of your colonoscopy that will impair your judgment and reflexes. You will not be able to drive yourself, and you will only be able to use a taxi or bus service if you have a responsible adult age 18 year or older to accompany you.
- **You have a change in your health insurance coverage.** Your new plan may require us to obtain authorization before performing your colonoscopy, a process that can take some time. Please notify us of any changes to your insurance immediately.

<u>One *week*</u> before your colonoscopy...

1. **Fill your prescription for Suprep if you have not already.** If your pharmacy does not contact you regarding this prescription, please call them to verify if/when it is ready of pickup. If no prescription was received, is not covered by your insurer, or is too costly, please call (203) 281-4463, ext. 5152 to speak with our prescription line.
2. **Have your Happy Colon Foods Kit on hand.**
3. **Purchase items for the clear liquid diet:**
   - Clear broth or bouillon
   - Soda, Gatorade (yellow or clear) or clear fruit juice (apple, white grape, lemonade)
   - Popsicles (no purple, red, or orange) or italian ice (lemon or lime)
   - Jell-O (no purple, red, or orange)
   - Coffee or Tea (no milk, cream, or dairy).
4. **Arrange for transportation to and from your colonoscopy.** You will not be allowed to drive yourself. You may not use a taxi or bus service unless you have a responsible adult 18 years or older to accompany you.
5. **Please refer to the instructions provided by the office regarding preprocedure medication changes. If you have any questions, please contact the office.**
6. Stop taking iron supplements (multivitamins containing iron are OK).

One *day* before your colonoscopy...

1. **Upon waking up**, begin the clear liquid diet:
    - Follow these instructions combined with the pamphlet that comes with the Happy Colon prep. 7 easy steps of Happy Colon Foods to help you get through the day including Simethicone gel cap at times designated - **DO NOT** eat any other food than what is included in that kit but you CAN eat the following in addition to the kit:
    - Water
    - Clear broth or bouillon
    - Soda, Gatorade (yellow or clear) or clear fruit juice (apple, white grape, lemonade)
    - Popsicles (no purple, red, or orange) or italian ice (lemon or lime)
    - Jell-O (no purple, red, or orange)
    - Coffee or Tea (no milk, cream, or dairy).
    - There is no limit to the amount of clear liquids you drink during the day.

2. **At 3pm in the afternoon**
    - Take the provided mixing container and add one 6-ounce bottle of SUPREP and 10-ounces of water until the level reaches the 16-ounce fill line.
    - Consume the entire 16-ounces of water-SUPREP mixture
    - Drink 32 ounces of water over the next 1 hour.

***On the day* of your colonoscopy...**

1. **No solid food until after your procedure**
2. **4 hours prior to your arrival time:**
    - Take the provided mixing container and add one 6-ounce bottle of SUPREP and 10-ounces of water until the level reaches the 16-ounce fill line.
    - Consume the entire 16-ounces of water-SUPREP mixture
    - Drink 32 ounces of water over the next 1 hour.
3. **3 hours prior to your arrival time stop consuming anything by mouth (liquids or solids).**
4. Make sure to arrive on time for your appointment.