

COLONOSCOPY PREP – SUPREP

Please read the following instructions carefully at least 7 days before your scheduled procedure.

It is absolutely necessary that you complete the following instructions, with no changes, unless specified by your physician.

TIMELINE	What YOU Need to Do	Comments
7 days before procedure	<ul style="list-style-type: none"> <input type="checkbox"/> Avoid ALL Nuts, seeds, corn, and RAW green vegetables <input type="checkbox"/> Arrange for a responsible adult to drive you to the facility on the day of your procedure <input type="checkbox"/> <u>IF YOU TAKE BLOOD THINNER PRODUCTS:</u> Follow the instructions for your blood thinner products as you were directed by your GI physician, cardiologist, or prescribing physician. <input type="checkbox"/> <u>IF YOU TAKE INSULIN PRODUCTS OR ORAL DIABETES PILLS:</u> Contact your physician to obtain specific directions for dosages on the day before and day of your procedure. 	You will need a responsible adult to drive you home from the procedure. It is the facilities policy to cancel the procedure if you do not have a ride home.
5 days before procedure	<ul style="list-style-type: none"> <input type="checkbox"/> Go to the pharmacy and pick up your prescribed Suprep kit and Zofran prescription 	
1 day before procedure	<ul style="list-style-type: none"> <input type="checkbox"/> BREAKFAST: You may have a light breakfast. <u>This MUST be completed by 9AM.</u> <input type="checkbox"/> Choose from <u>ONE</u> of the following: <ul style="list-style-type: none"> <input type="checkbox"/> White bread/toast <u>OR</u> <input type="checkbox"/> Rice cereal <u>OR</u> <input type="checkbox"/> Cream of wheat <u>OR</u> <input type="checkbox"/> Eggs You may also have the following: <ul style="list-style-type: none"> <input type="checkbox"/> Milk <input type="checkbox"/> Juice (no red, blue, or purple) <input type="checkbox"/> After 9am, do not eat anything and drink only clear liquids until 4 hours prior to procedure (no red, blue, or purple). Clear liquids include: <ul style="list-style-type: none"> <input type="checkbox"/> Water & Tea <input type="checkbox"/> Plain coffee, no creamer or milk <input type="checkbox"/> Clear juices such as apple or white grape juice <input type="checkbox"/> Lemonade from powdered mix <input type="checkbox"/> Kool Aid or Crystal Light <input type="checkbox"/> Clear Soda (7-Up, Sprite, Ginger Ale) <input type="checkbox"/> Gatorade/PowerAde <input type="checkbox"/> Fat free broth/ bouillon/ consommé <input type="checkbox"/> Plain/flavored gelatins (no fruit added) <input type="checkbox"/> Italian ices, sorbet, popsicles 	<ul style="list-style-type: none"> <input type="checkbox"/> BREAKFAST MUST BE COMPLETED BY 9AM <input type="checkbox"/> CLEAR LIQUIDS ONLY AFTER 9AM <p>SEE REVERSE FOR ADDITIONAL PREP INSTRUCTIONS</p>

COLONOSCOPY PREP – SUPREP – CONT.

TIMELINE	What YOU Need to Do	Comments
1 day before your procedure at 6:00PM	<p>BEGIN FIRST DOSE OF PREP</p> <ol style="list-style-type: none"> 1. Take one Zofran tablet 2. Pour ONE 6-ounce bottle of SUPREP liquid into the mixing container 3. Add cool drinking water to the 16-ounce line on the container and mix 4. Drink ALL the liquid in the container. 5. You MUST drink two (2) more 16-ounce containers of water over the next 1 hour. <p>Continue with clear liquids for the rest of the evening</p>	<p>Stay close to restroom. You may use baby wipes or A&D ointment to alleviate discomfort from your prep results.</p>
<p>DAY OF PROCEDURE: FIVE hours prior before check-in time</p> <p>(For example, if you are to check-in at 7:15am, you will need to get up at 2:15am and drink the 2nd bottle of Suprep.)</p>	<ul style="list-style-type: none"> <input type="checkbox"/> You may take your medications as instructed (especially heart and blood pressure) up to 4 hours prior to checking in for your procedure. <input type="checkbox"/> Repeat steps 1-5 from above for second dose using the 2nd 6-ounce bottle of SUPREP <input type="checkbox"/> Follow specific directions given by your physician regarding insulin, oral diabetic pills, and blood thinners. <input type="checkbox"/> After taking your second dose, stop all fluids. <input type="checkbox"/> Nothing by mouth, including gum, mints, or candy starting 4 hours prior to your procedure until after your procedure is complete. 	<p>DO NOT take any medications after completing your 2nd dose of prep.</p> <p>Your bowel movements will turn watery and -toward the end of the prep will appear yellow or clear. If the bowel movement is NOT YELLOW OR CLEAR, notify the pre-op nurse when you arrive at the facility.</p>
<p>Appointment time</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Arrive at your appointment check-in time with your responsible adult driver (see page 1). 	<p>For your safety, your procedure will be cancelled if you do not have a ride home arranged.</p>