

COLONOSCOPY PREP — SUPREP

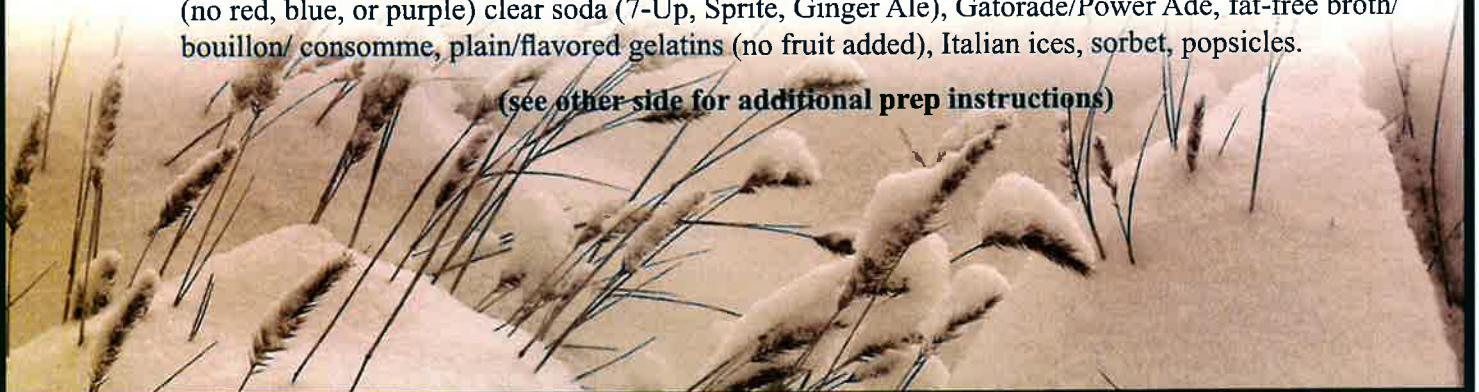
Your physician has scheduled you for a colonoscopy. Please follow the instructions below.

- ☐ 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.
- ☐ If you need to cancel or reschedule your procedure for any reason, please call the Endoscopy Scheduler at 970-663-2159 at least 48 hours prior to your exam.
- ☐ If you are unable to complete your prep, notify the Skyline Endoscopy Center at 970-663-2159. For questions after hours call 970-669-5432 and ask for the gastroenterologist on-call.

INSTRUCTIONS:

- ✓ For 7 days prior to your procedure, avoid ALL nuts, seeds, corn and RAW green vegetables.
- ✓ Make arrangements to have a responsible adult drive you home. Your driver should plan to stay at the facility during your procedure. Public transportation (bus, taxi, shuttle) is NOT allowed unless you have a responsible adult with you.
- ✓ If you take blood thinner products: Follow the instructions for your blood thinner products as you were directed by your GI physician, cardiologist, or prescribing physician.
- ✓ If you take insulin products or oral diabetes pills: Contact your physician to obtain specific directions for dosages on the day before and day of your procedure.
- ☐ 5 days before your procedure, go to the pharmacy and pick up your prescribed Suprep kit and Zofran prescription.
- ☐ 1 day before your procedure, you may have a light breakfast. **This MUST be completed by 9a.m.** Choose from ONE of the following:
 - White bread/toast OR
 - Rice cereal OR
 - Cream of wheat OR
 - Eggs
- ☐ You may also have the following:
 - Milk
 - Juice (no red, blue, or purple)
- ☐ After 9 a.m., do not eat anything and drink only clear liquids until 4 hours prior to procedure (no red, blue, or purple). Clear liquids include: water, tea, plain coffee (no creamer or milk), clear juices such as apple or white grape juice, lemonade from powdered mix, kool aid or crystal light (no red, blue, or purple) clear soda (7-Up, Sprite, Ginger Ale), Gatorade/Power Ade, fat-free broth/bouillon/ consommé, plain/flavored gelatins (no fruit added), Italian ices, sorbet, popsicles.

(see other side for additional prep instructions)



- ☐ At 6 p.m. the day before your procedure begin your first dose of prep.
 1. Take one Zofran tablet, wait 30 minutes prior to taking first dose of Suprep.
 2. Pour ONE 6-ounce bottle of Suprep liquid into mixing container.
 3. Add cool drinking water to the 16-ounce line on the container and mix.
 4. Drink ALL of the liquid in the container.
 5. You MUST drink two (2) more 16-ounce containers of water over the next hour.
 6. Continue drinking clear liquids for the rest of the evening.
- ✓ **Stay close to the restroom. You may use baby wipes or A&D ointment to alleviate the discomfort from your prep results.**
- ☐ You may take your medications as instructed (especially heart and blood pressure) up to 4 hours prior to checking in for your procedure.
- ☐ Follow specific directions given by your physician regarding insulin, oral diabetic pills, and blood thinners.
- ☐ **Day of procedure: 5 hours prior to check-in time**, drink the second bottle of Suprep.
(For example, if you are to check-in at 7:15 a.m., you will need to get up at 2:15 a.m. and drink the 2nd bottle of Suprep).
- ☐ Repeat steps 1-5 from above for second dose using the 2nd 6-ounce bottle of Suprep.
- ☐ **After taking your second dose, stop all fluids.**
- ☐ **Do not take any medications after completing your second dose of Suprep.**
- ☐ **Nothing by mouth, including gum, mints, or candy starting 4 hours prior to your procedure until after your procedure is complete.**
- ☐ 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.
- ✓ **Appointment time:** Arrive at your appointment check-in time with your responsible adult driver. Your driver should plan to stay at the facility during your procedure. Public transportation (bus,taxi,shuttle or uber) are not allowed unless you have a responsible adult with you.

For your safety, your procedure will be cancelled if you do not have a ride home.

