

# SUPREP BOWEL PREP

\_\_\_\_ DAY BEFORE YOUR PROCEDURE,  
CLEAR LIQUID DIET

Starting at \_\_\_\_\_ PM the day before the procedure:

- Step 1: Pour one 6-ounce bottle of SUPREP liquid into the mixing container.
- Step 2: Add cool drinking water to the 16-ounce line on the container and mix.
- Step 3: Drink ALL the liquid in the container
- Step 4: You must drink two more 16-ounce containers of water over the next hour.

**\*\* DRINK CLEAR LIQUIDS UNTIL BEDTIME**

Starting at \_\_\_\_\_ AM (6 hours before your procedure) on the morning of your procedure, repeat steps 1 through 4 using the other 6-ounce bottle of SUPREP.

**\*\*THIS MUST BE DONE AT LEAST 10- 12 HOURS AFTER YOUR FIRST DOSE.**

## On the Day of the Procedure:

- No eating or drinking 4 hours (\_\_\_\_\_) prior to your procedure
- No chewing gum, mints, or hard candy, ice

You may rinse your mouth with water, but do not swallow it

If you do not follow these instructions, your procedure may be cancelled or re-scheduled by the endoscopy staff to ensure safety

- You will need to fill the prescription from your doctor at the drug store.



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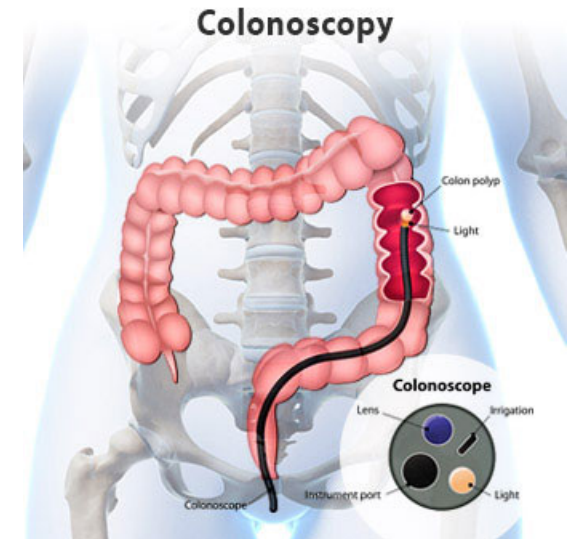
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# COLONOSCOPY



COLONOSCOPY DATE: \_\_\_\_\_

COLONOSCOPY TIME: \_\_\_\_\_

ARRIVE FOR COLONOSCOPY AT: \_\_\_\_\_

LOCATION: \_\_\_\_\_

DOCTOR: \_\_\_\_\_

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## COLONOSCOPY DIET

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- **5 days before the procedure:** \_\_\_\_\_
  - Do not take bulk-forming agents (such as Metamucil, Citrucel, Perdiem, etc.).
  - Do not take aspirin and other anti-inflammatory medications (Aleve, Ibuprofen, etc) unless otherwise directed by your physician.
  - Do not take iron containing preparations (such as multi-vitamins containing iron).
  - Purchase the prescribed bowel preparation medication at the pharmacy.
- **3 days before the procedure:** \_\_\_\_\_
  - Start a low residue (limiting fiber) diet and avoid vegetables, fruits with skins or seeds, nuts, corn, popcorn, whole grain cereals, breads, or high fiber foods.
  - Recommended foods include dairy products, pasta, white bread, meats, poultry, and fish.
- **1 day before the procedure:** \_\_\_\_\_
  - You are to be on a clear liquid diet.
  - Do not eat solid foods.
  - Drink at least 1 glass of clear liquid every hour if not more.
  - Clear liquids include broth, Jell-O (no fruit in it), black coffee (sugar only), tea, soft drinks, popsicles, fruit juices (Apple, White Grape, or Lemonade), Gatorade, PowerAde, Sprite, 7-Up, Ginger ale, and Water.
  - **No red, purple, or green dyes or dairy products.**

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## MEDICATIONS

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### What medications can I not take?

- **Do not take NSAIDS (nonsteroidal anti-inflammatory agents for 7 days prior to your procedure.** These medication include but are not limited to Aspirin tablets or Aspirin- containing medications, Baby Aspirin, Ecotrin, Stanback, Excedrin, Goody Powders, BC Powders, Celebrex, Alka-Seltzer, Aleve, Advil, Motrin, Ibuprofen, or any other medication that may have Aspirin or Aspirin-containing products. Check with your pharmacy for other medications not listed.
- **No herbal medications or vitamins (Vitamin E, Garlic, etc.) seven days prior to the procedure.**
- **No iron medications seven days prior to the procedure.**
- **If you are taking a blood thinning medication, such as Coumadin, Eliquis, Xarelto, or Plavix, you must stop this medication before the procedure.** Please see your Cardiologist or the physician prescribing the medication to get his approval as to when you should stop and restart the medication.



### On the day of the procedure:

- **Diabetic patients taking insulin- Can take it in the morning, take 1/3 of your usual dose. Do not take diabetic pills.**
- **If you take blood pressure medications, or other vital medications, take this with a sip of water.**

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## ADDITIONAL INFORMATION

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- **Arrive 45 minutes early to our office or 2 hours early to the hospital.** On arrival, pre-procedure process will be completed including paperwork, triage (vitals, IV, etc), and discussing with anesthesia provider.
- Since you will be sedated, **you must have someone with you to drive you home after the procedure is complete.** You cannot take a taxi or ride a transportation bus home. You are not allowed to work or drive after the procedure until the next day.
  - This person must be with you upon arrival and remain in the facility during your procedure in the event of an emergency. **If no one is with you, the procedure will be cancelled or rescheduled.**
- **You must give at least a 48-hour notice to cancel or reschedule the procedure.** If you do not give a 48-hour notice or if you “No show” for your procedure, you will be charged \$75 which, which insurance will not cover. This must be paid before the procedure can be rescheduled.
- If your procedure is not done within 30 days of your most recent office visit, you will have return to the office for an interval physician evaluation prior to re-scheduling the procedure.
- Due to the nature of the procedures performed at our Endoscopy Centers, **expect to be at our facility for 2-4 hours on your procedure day.**