



COLONOSCOPY \_\_\_\_\_

COLONOSCOPY/EGD \_\_\_\_\_

SUPREP BOWEL PREP

NAME \_\_\_\_\_

FACILITY \_\_\_\_\_ DOCTOR \_\_\_\_\_

DATE \_\_\_\_\_ ARRIVAL TIME \_\_\_\_\_

1. You will need to purchase the SUPREP BOWEL PREP Kit (with a prescription) at the pharmacy. Please fill this in a timely manner.
2. Continue to take your regular prescribed medications as you normally would. If you are diabetic, do **NOT** take your oral medication the morning of procedure: **if you are on insulin please contact the prescribing physician for dosage instructions.**
3. Discontinue iron 5 days prior to procedure. This does not include a multi vitamin.
4. If you take Coumadin, Warfarin, Pradaxa (dabigatran) or Xarelto, please **CALL THE OFFICE AS SOON AS POSSIBLE** for instructions. Do not stop any other blood thinners unless you have been instructed to do so.
5. If you use an inhaler for lung disease (e.g. asthma, emphysema) on a daily basis, please take your usual dose on the day of your exam prior to the procedure. **Please bring your inhalers with you.**
6. Bring a complete list of current medications.
7. After your examination:
  - You may not work or drive the day of your procedure. **A RELATIVE OR FRIEND MUST ACCOMPANY YOU AND MUST REMAIN ON THE PREMISES. FAILURE TO DO SO MAY RESULT IN CANCELLATION OF YOUR PROCEDURE.**
  - You should not plan to engage in any activity requiring physical coordination or mental alertness until the next morning.

SEE OTHER SIDE OF THIS PAGE FOR SPECIFIC PREP INSTRUCTIONS

If you have any questions, or are having difficulty tolerating prep,  
please feel free to call our office

## Patient Instructions

- **TWO DAYS** before procedure, avoid seeds, nuts, popcorn, raw vegetables, and fruits with skin. Eat light, examples are chicken, fish, pasta. Vegetables must be well cooked.
- **THE DAY BEFORE YOUR PROCEDURE YOU MAY HAVE NOTHING BUT CLEAR LIQUIDS (NO RED OR PURPLE)**

Clear liquids include: **Clear broth or Bouillon** (chicken, beef, onion); **Juice** (apple, orange, lemonade)—**NO PULP**. **Water/Coffee/Tea allowed** (Sugar is OK but **NO CREAM OR MILK**); **Jell-O/Popsicles/Soda Pop/Hard candies are allowed**.

**AVOID: ALL SOLID FOODS, ANYTHING THICK IN TEXTURE OR CONTAINING PULP, ALL DAIRY PRODUCTS, ALCOHOL**

The SUPREP carton contains 2 bottles and a disposable cup for mixing. **YOU MUST COMPLETE THE ENTIRE PREP TO ENSURE THE MOST EFFECTIVE CLEANSING.**

### THE EVENING BEFORE THE COLONOSCOPY:

Date \_\_\_\_\_ Beginning at 5:00 PM

- Pour one (1) bottle of SUPREP into the container provided and fill to the 16 oz line with cool drinking water, Sprite, 7-UP or Ginger-Ale. Mix and drink all the solution within one hour. Drinking slowly and using a straw may be helpful.
- Over the next two (2) hours drink two (2) more 16 oz glasses of clear liquid (see above).

### THE MORNING OF THE COLONOSCOPY:

Date \_\_\_\_\_ Beginning at \_\_\_\_\_

- Pour one (1) bottle of SUPREP into the container provided and fill to the 16 oz line with cool drinking water, Sprite/7-UP or Ginger-Ale. Mix and drink all the solution within one hour. Drinking slowly and using a straw may be helpful.
- Over the next two (2) hours drink two (2) more 16 oz glasses of clear liquid (see above).

**YOU MUST FINISH THE LAST CONTAINER OF CLEAR LIQUID AT LEAST THREE HOURS PRIOR TO YOUR PROCEDURE. BY \_\_\_\_\_**

**YOU MAY NOT HAVE ANYTHING BY MOUTH AFTER COMPLETION OF THE ABOVE PREP.**

**You may take your usual heart, lung, blood pressure, or seizure medications on the morning of your procedure with a sip of water only.**

**GOOD PREP RESULTS = CLEAR OR YELLOW LIQUID STOOL**