



Colonoscopy with SUPREP Preparation

Procedure Date _____ Time _____ Arrival Time _____

Preparation

There are many things a person would rather do than undergo a bowel prep for a colonoscopy, but your efforts at cleansing your colon are essential for an accurate procedure. These instructions are designed to maximize the ease, safety and success of your preparation. Please read these instructions carefully at least one week prior to your exam. Obtain SUPREP Bowel Prep from your pharmacist (Note: this requires a prescription).

Medication and Diet Instructions:

Seven days before the procedure:

1. Stop taking **aspirin** (and aspirin-containing products) and Plavix (clopidogel). Acetaminophen (Tylenol) can be continued or substituted as a pain-reliever for aspirin.

Three days before the procedure:

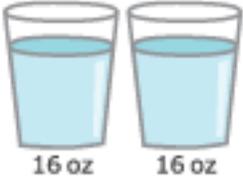
1. Stop taking **Coumadin (warfarin)**. If you have an artificial heart valve, you need to talk to your primary care physician or cardiologist about using an alternative anticoagulant.
2. Stop taking anti-inflammatory medicines such as Aleve, Motrin, Advil, Ibuprofen and Naproxyn.
3. Avoid eating nuts, seeds, popcorn, grapes, green peas, beans and tomatoes. Fibers from these foods can clog the colonoscope.

On the day before the examination:

1. You may have a regular breakfast. After breakfast, you will need to go on a clear liquid diet. You can drink clear liquids up to 2 hours prior to the appointment. Avoid juices with pulp such as orange or grapefruit juice. **No dairy products, cream or soy.** Coffee and tea are O.K. Examples of clear liquids include broth or bouillon, Jell-O, clear juices (white grape or apple), sports drinks such as Gatorade or PowerAde, sodas such as Sprite, 7-Up, or gingerale, lemonade, Popsicles, coffee or tea and of course, water. Avoid red or purple colored liquids. You may use sugar, honey or lemon. **It is important that you drink as much fluid as you can throughout the day.** It is also worthwhile to get a supply of aloe wet wipes and Desitin ointment to ward off a sore bottom.

The SUPREP Bowel Prep Kit contains two 6-ounce bottles of liquid bowel prep and one 16 ounce mixing container. You must complete the entire prep to ensure the most effective cleansing.

Start your prep at **5pm**

STEP 1	 <p>A brown bottle is tilted, pouring a clear liquid into a clear glass. The glass is partially filled with the liquid. Below the glass, the text "6 oz" is written.</p>	Pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container.
STEP 2	 <p>A faucet is pouring blue water into a clear glass. The glass is filled with water. Below the glass, the text "16 oz" is written.</p>	Add cool drinking water to the 16-ounce line on the container and mix.
STEP 3	 <p>A silhouette of a person's head and neck is shown in profile, drinking from a glass held in their hand. The glass is tilted, and liquid is being consumed.</p>	Drink ALL the liquid in the container.
STEP 4	<p>IMPORTANT</p>  <p>Two clear glasses, each filled with clear liquid. Below each glass, the text "16 oz" is written.</p>	You MUST drink two (2) more 16-ounce containers of clear liquid of your choice over the next 1 hour

If your procedure is before 11am: please complete the second dose at 8pm. If your procedure is after 11am: complete the first dose at 5pm and the second dose at 5am.

Day of the procedure:

1. Do not drink anything 2 hours prior to your appointment
2. You should be accompanied by a friend or relative to drive or assist you home. You will not be allowed to drive for 12 hours after the procedure.
3. You should take your regular medications with sips of water unless you are instructed otherwise.
4. Special Instructions:
 - _____ If you are a diabetic taking insulin, hold the morning dose of insulin the day of the procedure
 - _____ If you have an artificial heart valve, or have a previous history of endocarditis, or other specific indication, your doctor may prescribe pre-procedure antibiotics.
 - _____ Be sure to remember any allergies to medications and to Latex, or conditions that would make you sensitive to sedation such as sleep apnea syndrome

Commonly asked Questions:

How do I know if my prep is adequate?

The stool should be watery in consistency. It does not have to be clear in color like water since digestive juices will continue to tint the stool yellow and small flecks of debris are not a problem as long as the stool is not muddy or thick. If there is any question, you can self administer a fleet enema prior to leaving home for the procedure.

What side effects may I expect?

Since the prep works by flooding the intestinal tract with fluid, abdominal bloating and cramping may occur, as well as some nausea and vomiting. This is usually temporary, and as the diarrhea develops, symptoms will gradually improve. Weakness can also occur, especially if you have not taken enough fluid with the prep, and can be remedied by increasing fluid intake (especially with the sports drinks such as Gatorade or PowerAde).

Will the prep interfere with my other medications?

Medications taken at least an hour before beginning the prep should be adequately absorbed, but thereafter, they are likely to be washed away by the prep.

What if I have other questions?

Call our office to address any other concerns not answered here.