

Patient Education Sheet

COLONOSCOPY PREPARATION WITH SUPREP BOWEL PREP

This preparation solution requires a prescription which will be faxed to your listed pharmacy at the time of your pre procedure office visit. *Pharmacies require pick up within 2 weeks of filling the prescription.

EMMI PROGRAM: This is an educational internet based program, which we highly recommend you seeing. You will receive instructions on how to view it at home when you schedule your procedure.

AT LEAST ONE WEEK PRIOR:

Special instructions: Patients taking a **blood thinner**, such as Coumadin or Plavix, **MUST** contact the doctor who has ordered the blood thinner. This doctor will decide whether you should stop the medication before your colonoscopy.

Diabetic patients taking INSULIN may be given different instructions regarding preparation and dosage. Please check with your diabetes doctor before procedure.

3 DAYS PRIOR DATE: _____

1. Stop taking all herbal supplements, vitamins, iron and fiber supplements.
2. Continue to take your daily prescribed medications. Please note recommendations on blood thinners noted above.
3. Do not eat raw fruits or raw vegetables. Cooked or canned fruit/vegetables are okay.
4. Do not eat corn, peas, seeds, popcorn or nuts.

2 days prior Date _____

Continue to follow these restrictions

Day Before Procedure Date: _____

1. DRINK CLEAR LIQUIDS ONLY all day Breakfast, lunch and dinner. Take nothing red or purple colored. NO SOLID FOOD.

No DAIRY, No Alcohol, NO gum or hard candy,

CLEAR LIQUIDS ALLOWED: apple juice, white cranberry/white grape, popsicles (not red or purple), jello, Italian ice, ginger ale, Sprite, black coffee, black tea, Gatorade preferred. Drink an 8 oz glass of clear liquid every hour between 11am and 5pm

At 5pm begin taking preparation

Step 1 :Pour one (1) 6 ounce bottle of SUPREP into mixing container provided in the kit. Add cold water to the 16 ounce line on the container and stir well. Drink all 16 ounces.

Step 2 : Drink 2 more 16 ounces containers of water over the next 1 hour.

Day of Procedure Date:

1. Beginning 5 hours before your procedure repeat the above steps with the other bottle of SUPREP
2. Do not put anything into your mouth for at least 2 hours before your colonoscopy to allow for safe administration of anesthesia. No gum, candy, or food day of procedure.
3. No diuretics or diabetic pills the morning of your procedure. Please take your blood pressure/heart prescription medications with a sip of water at least 2 hours prior to your procedure.
4. Have a responsible adult 18 years or older to accompany you home. This person will be advised to remain at the waiting room during your procedure.