

SUPREP INSTRUCTIONS

LOCATION: _____

DATE: _____

CHECK IN TIME: _____

PROVIDER: _____

If you need to cancel or reschedule your procedure, please call us with a minimum of a 2 week notice

If you have any questions regarding the procedure or the above instructions, please contact our office at: 971-254-9884

7 DAYS PRIOR: _____

- **If you are currently taking any blood thinning medication you will need to discuss this with our scheduler.** We will coordinate with your prescribing physician on how you should take this medication prior to your procedure.
- **Common medication restrictions:** Coumadin (Warfarin), Effient, Eliquis, Plavix (Clopidogrel), Pradaxa, Xarelto.
- **STOP TAKING ANY NSAIDs** (e.g. Aspirin, Ibuprofen, Advil, Motrin, Nuprin, Naproxen, Aleve, Naprosyn, etc.)
- You may take Tylenol as needed.
- **STOP** all herbal medicines and supplements. Including but not limited to: multivitamins, iron, Vitamin E, and fish oil.
- **PURCHASE SUPREP BOWEL PREP KIT** (with a prescription).

2 DAYS PRIOR: _____

- **DO NOT EAT** any fruits, vegetables, popcorn, beans, whole grains, nuts, or seeds.
- **DISCONTINUE ALCOHOL** until the day after your colonoscopy.
- **DISCONTINUE** fiber supplements such as Metamucil, Citrucel, Benefiber, etc.
(If you tend to be constipated, take 2 tablespoons of Milk of Magnesia at 6pm)
- **CONFIRM YOUR RIDE HOME** – No working or driving the day of the procedure.

THE DAY BEFORE: _____

- **BEGIN A CLEAR LIQUID DIET** when you get up this morning. **NOTHING RED OR PURPLE!**
Refer to diet sheet for acceptable clear liquids
- **YOU MAY NOT** have dairy or anything solid to eat today.
Drink a minimum of 8 glasses of water today to avoid nausea while drinking prep
- **BEGINNING AT 6PM, DRINK THE FIRST DOSE OF SUPREP** (the evening before your procedure):
 1. Pour ONE (1) 6-ounce bottle of SUPREP® liquid into the mixing container.
 2. Add cool drinking water to the 16oz line on the container and mix.
 3. Drink ALL of the liquid in the container.
 4. You **MUST** drink TWO (2) more 16oz containers of water over the next 1 hr.

CONTINUE TO DRINK LOTS OF WATER OR CLEAR LIQUIDS ALL EVENING.

This is a necessary step to ensure adequate hydration and an effective prep.

PROCEDURE DAY: _____

- **PLEASE DISCONTINUE CHEWING TOBACCO PRODUCTS 8 HOURS PRIOR TO YOUR CHECK-IN TIME.**
- **REPEAT STEPS 1-4 OF SUPREP INSTRUCTIONS AT:** _____ (5 hours before your check in time)
- **CONTINUE CLEAR LIQUID DIET UNTIL:** _____ (3 hours prior to check in time)
THEN NOTHING MORE BY MOUTH (NO CHEWING GUM, MINTS, HARD CANDIES, ETC.) Having fluids in your stomach, even a lot of saliva, puts you at risk for vomiting and possibly aspirating fluid into your lungs while you are sedated.
- Please wear loose, comfortable clothes and leave all valuables at home. Support persons are welcome in the pre-op and recovery areas. They are welcome to remain in the waiting room during your procedure. We encourage a support person to be present at the time of discharge and with you for at least 24 hours after your procedure.

DISCHARGE INSTRUCTIONS You may not use a taxi or public transportation unless accompanied by a responsible adult.

CLEAR LIQUID DIET INFORMATION

This diet consists of clear liquids with little nutritional value, and should be followed only for a short period of time. One or two days of this diet does not represent a health risk. **A clear liquid is defined as any liquid you can shine a light through that is not foggy or cloudy and is not colored red or purple.** Listed below are clear liquid diet restrictions and acceptable beverages, desserts, and soups.

- BEVERAGES:** Apple juice, white grape juice, white cranberry juice, strained lemonade or limeade, tea (no milk, cream or nondairy creamer), water, carbonated and non-carbonated soft drinks, Kool-Aid, Gatorade, Powerade, or Propel.
- DESSERTS:** Italian ices, ice-popsicles, Jell-O without whipped topping or fruit, and hard candy.
- SOUP:** Clear broth or bouillon without noodles, vegetables, etc.
- RESTRICTIONS:** AVOID any red or purple colored clear liquids, including gelatins, beverages and ices.

DIABETICS: GENERAL GUIDELINES & INSTRUCTIONS

- **We encourage you to contact your PCP or endocrinologist to discuss proper glucose regulation during your prep.**
- Your blood glucose and vital signs will be monitored while at the facility.
- Bring your oral hypoglycemic medication to the procedure. You can take it after the procedure is over if necessary.
- Oral hypoglycemic medications generally do not need adjustments and patients may take their oral medication as directed up until the day of the procedure.
 - **For AM procedures:** You should hold the AM oral medication dose and take it after the procedure is over.
 - **For PM procedures:** you may take clear liquids in the AM up to 4 hours before the procedure. You may suck on clear hard candies or chew on sugared gum up to the procedure time for low blood sugar.
- Patients taking insulin should only take half (1/2) the usual scheduled dose before the procedure. Please call your prescribing physician with any questions regarding your medications.

GENERAL HINTS & REMINDERS

- Consider trying flushable baby wipes to help avoid irritation from wiping with toilet paper.
- You may use Vaseline or any water soluble lubricants for relief from any rectal irritation. DO NOT use Desitin ointment.
- The laxative will vary in how quickly it works from patient to patient. You may experience diarrhea within an hour, or you may have to wait several hours.
- Be prepared to describe your last few bowel movements. You will be asked about the color and appearance to make sure the preparation has worked.
- Rinsing your mouth and gargling with mouthwash can eliminate any aftertaste between doses of preparation liquid.
- If you feel nauseated or bloated while taking the prep, you may stop the prep for 30-45 minutes one time and then resume.
- If you use reading glasses, please bring them with you as you will need to read and sign a consent form and discharge sheet.