

**SUPREP® PREPARATION INSTRUCTIONS**

PROCEDURE LOCATION: \_\_\_\_\_ DATE: \_\_\_\_\_ Check-In Time: \_\_\_\_\_ Physician: \_\_\_\_\_

*NOTICE: Please wear loose, comfortable clothes. Do not wear tights or nylons. 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 be present during the discharge consultation at the time of discharge.*

| 7 days before your procedure  | 2 Days before your procedure  | The Day before your procedure  | Procedure Day   |
|---|---|--|---|
| <ul style="list-style-type: none"> <li><b>If you are currently taking : Ticlid, Persantine, Aggrenox-stop for 10 days prior to procedure. Plavix-stop for 7 days. Coumadin (Warfarin Sodium)-stop for 5 days. Lovenox-stop 1 day prior or per prescribing MD’s orders. IF NOT ABLE TO STOP, CALL OUR OFFICE AS SOON AS POSSIBLE!!!</b></li> <li><b>SEVEN DAYS PRIOR TO YOUR PROCEDURE AVOID: Aspirin, Advil (Ibuprofen), Nuprin, Aleve (Naproxen Sodium). Tylenol (acetaminophen) is acceptable.</b></li> <li><b>Stop taking iron and vitamins with iron. Avoid: Fish oil, Vitamin E, Ginger, Garlic supplements.</b></li> <li><b>Purchase SUPREP® BOWEL PREP KIT with a prescription.</b></li> </ul> | <ul style="list-style-type: none"> <li><b>Do Not eat:</b> fruits, vegetables, popcorn, nuts or seeds for <b>2 days</b> prior to your procedure. Discontinue Olestra (Olean).</li> <li><b>Discontinue</b> fiber supplements such as Metamucil, Citrucel, Benefiber, etc. You may continue to eat fiber-containing foods.</li> <li><b>IF</b> you tend to be constipated, or sometimes need laxative, take <b>2</b> tablespoons of <b>Milk of Magnesia @ 6pm.</b></li> <li><b>Confirm your ride home.</b> Remember, you cannot drive yourself home. No public transportation unless accompanied by a responsible adult.</li> <li><b>If you need to cancel or reschedule your procedure, call us asap.</b></li> </ul> | <ul style="list-style-type: none"> <li>You may not have anything solid to eat today.</li> <li><b>Clear liquid diet. NOTHING RED OR PURPLE!</b> See attached diet sheet for acceptable beverages. Increase fluid intake to prevent dehydration. Drink enough to keep urine clear, not yellow.</li> <li>Beginning @ 6pm the <b>evening before your procedure:</b> <ul style="list-style-type: none"> <li>Pour <b>ONE (1)</b> 6-ounce bottle of <b>SUPREP®</b> liquid into the mixing container.</li> <li>Add cool drinking water to the <b>16oz</b> line on the container and mix.</li> <li>Drink <b>ALL</b> of the liquid in the container.</li> <li>You <b>MUST</b> drink <b>TWO (2)</b> more <b>16oz</b> containers of water over the next 1 hour.</li> </ul> </li> <li>See Colonoscopy hints and reminders (enclosed)<br/><b>**DRINK 8 GLASSES OF WATER PER DAY THIS WEEK**</b></li> </ul> | <ul style="list-style-type: none"> <li>Beginning Four (4) hours <b>Before your procedure arrival time</b> on the <b>morning of the procedure:</b> <ul style="list-style-type: none"> <li>Pour the <b>second</b> 6oz bottle of <b>SUPREP®</b> liquid into the mixing container.</li> <li>Add cool drinking water to the <b>16oz</b> line on the container and mix.</li> <li>Drink <b>ALL</b> of the liquid in the container.</li> <li>You <b>MUST</b> drink <b>TWO (2)</b> more <b>16oz</b> containers of water over the next 1 hour.</li> </ul> </li> <li><b>NOTE:</b> You may not have anything by mouth <b>at least 2 hours</b> prior to your arrival time. Minimize your intake once you finish the prep.</li> <li><b>You may take your medications with a sip of water. Nothing else.</b> <ul style="list-style-type: none"> <li><b>Make sure your ride knows where to pick you up.</b> No Taxi or public transportation.</li> <li><b>No driving until the morning after your procedure.</b></li> </ul> </li> </ul> |