

SUPREP Preparation for a Colonoscopy

COLONOSCOPY:

In order to achieve an accurate evaluation of your lower gastrointestinal (GI) tract, it is important that you properly prepare for the procedure. Doctors are able to obtain the clearest view of the bowel when it is flushed completely free of waste material. The thoroughness of this intestinal cleaning depends on you. Without your cooperation, the examination cannot accomplish its purpose and may have to be repeated.

Five (5) Days Before Procedure:

- DO NOT DRINK ALCOHOL FOR (5) DAYS PRIOR TO YOUR PROCEDURE.
- DO NOT take any or ibuprofen products. Tylenol (acetaminophen) is allowed.
- Stop taking anticoagulants or blood thinners such as: Coumadin, Naprosyn, Nuprin, Persantine, Plavix, Relafen, Rufen.

Day Before Procedure:

- Follow a clear liquid/high sodium diet throughout the day. Items include: water, clear juices without pulp, clear soda, chicken or beef broth, popsicles, Jell-O, tea, coffee, etc. **If you are diabetic, drink regular (non-diet) liquids in moderation throughout the day.** Only take half your dose of diabetes meds(pills or insulin)
- Avoid Food, dairy products, orange juice and anything that is red or purple in color.
- Step 1: At **8 AM** pour **one** of the 6-ounce bottles of SUPREP into the mixing container provided in your prep kit.
- Step 2: Add cold water to the fill line of the 16-ounce container and mix.
- Step 3: Drink All of the liquid in the container
- Step 4: **MOST IMPORTANT:** You must drink **two** more 16-ounce containers of water over the next hour.
- **AT 6 PM= OR TEN HOURS LATER REPEAT STEPS 1-4.** YOU MAY CONTINUE LIQUIDS UNTIL BEDTIME.
- DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.

Day of Procedure:

- Take any currently prescribed heart or blood pressure medications with a sip of water.
- If you are diabetic: To avoid dangerously low blood sugar, **Do Not** take your diabetic medication (pills or insulin) the morning of your procedure. You can resume your diabetes medications after the procedure once you have eaten.
- **IF YOUR PROCEDURE IS SCHEDULED AFTER 1:30 PM.** You may have clear liquids until 7:30 AM
- Plan on being at the facility for approximately 2 hours.
- A driver must accompany you to drive you home after your procedure. You will be sedated for your colonoscopy and will be drowsy for several hours after the procedure. You may not drive or work for 12 hours after the procedure.
- YOU WILL **NOT** BE ALLOWED TO DRIVE OR TAKE A CAB.

Procedure Date: _____

Check-In Time: _____

Location: _____

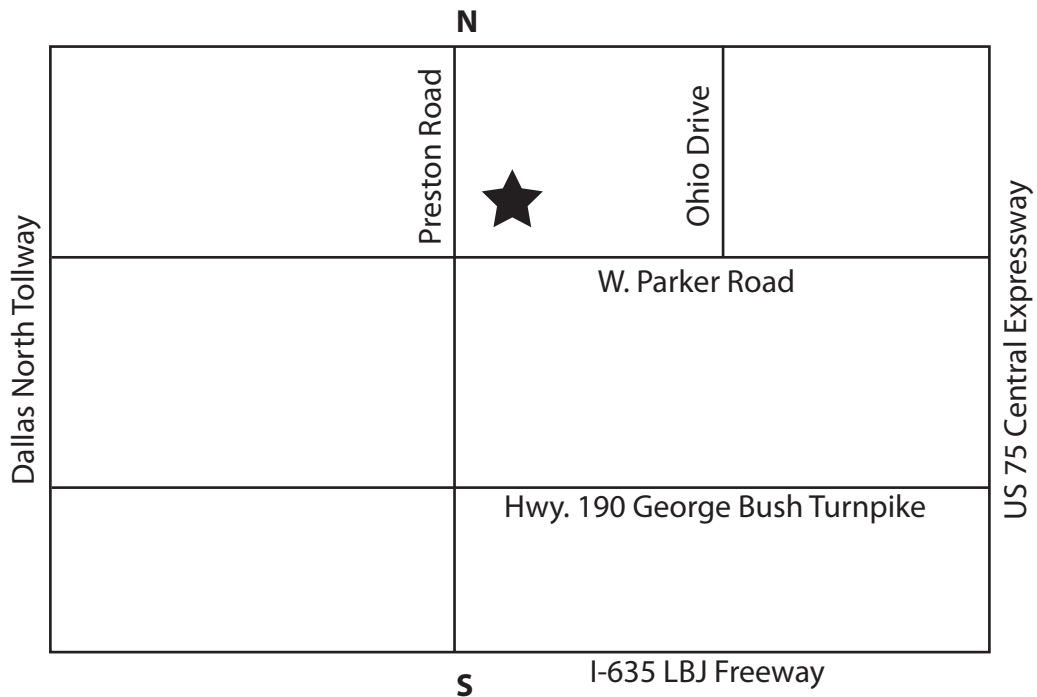
MEDICAL CENTER OF PLANO

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(Enter thru ER entrance and go to the Out Patient Registration Desk)

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