

COLONOSCOPY INSTRUCTIONS—SUPREP

_____ has been scheduled for a colonoscopy at _____
 on _____ the _____ of _____ at _____ AM / PM.

- 1) COME ___ hour(S) prior to procedure time.
- 2) **Bring a driver;** you **WILL NOT** be allowed to drive home or work the rest of the day.
- 3) **HOLD Aspirin /aspirin products for 1 week prior to your procedure.** (AVOID: Advil, Aleve, Motrin, Ibuprofen, Alka-Seltzer, Fish oil, and Excedrin.) You **MAY TAKE** Tylenol products.
- 4) If you take:
 - **COUMADIN /WARFARIN** – you may be asked to hold this for **4 days** prior to your procedure.
 - **PLAVIX** - you may be asked to hold this for **7 days** prior to your procedure.
 - **IRON /IRON SUPPLEMENTS**- you should hold for **7 days** prior, as they can slow cleaning process of laxatives.

AVOID FOODS WITH SEEDS, CORN, OR NUT PRODUCTS FOR 1 WEEK PRIOR TO YOUR PROCEDURE!

- 5) **Meds to BE taken the morning of your test** with a small sip or water between 6-7 am are **BP/Heart/Respiratory/Seizure/Parkinson's meds**
- 6) **DIABETIC: INSULIN** dependent- take only ½ your usual dose that morning.
- 7) **TABLETS**, you should hold them until after your procedure.
- 8) Pick up your **SUPREP KIT** at **YOUR DRUG STORE**
- 9) **THE WHOLE DAY BEFORE**- you are to be on **CLEAR LIQUIDS only!** This includes juice, broth, Jell-O, tea, black coffee, Popsicles, as well as anything else you can hold up to a light and see through. **YOU CAN USE** sugar/sweetener but **NO CREAMER** in your coffee. **NOTHING RED/purple** as it can give a false impression of bleeding.
- 10) **YOU ARE TO HAVE NOTHING BY MOUTH TO EAT/ DRINK/SMOKE/SNUFF/GUM AFTER MIDNIGHT (WITH EXCEPTION OF PREP ORDERS) PRIOR TO YOUR PROCEDURE.**

**** If you are scheduled **before 10 AM** : START YOUR PREP at **6pm** the day before... Mixing (1) 6oz bottle of the SUPREP into the mixing container and add 16 oz of cool water, sprite, or ginger ale and THEN drink IT ALL. *** YOU MUST DRINK AT LEAST (2) MORE 16 OZ GLASSES OF WATER OVER THE NEXT HOUR. Then REPEAT THIS CYCLE again BETWEEN 8-9 PM with the 2nd bottle of suprep.

**** If you are scheduled **after 10 am**: start the **FIRST DOSE** of your prep (as above) between 7-9PM the day before and the **SECOND DOSE** will be completed 4 hours do at 6 am the morn of your procedure.

Leave all of your jewelry at home. (We do not want to lose it) **DO not** to wear any makeup or nail polish.

CALL for questions at (740)968-7147. After hours, you may reach us through the answering service at (740) 671-7324.

IF CANCELLATION IS NECESSARY, WE REQUIRE 48 HOURS NOTIFICATION OR ELSE WE RESERVE THE RIGHT TO BILL YOU.