

COLONOSCOPY PREPARATION-SUPREP

Colonoscopy is a routine, generally safe, pain-free procedure used to examine the colon. These are the steps that you must take before the procedure to ensure the highest level of safety and effectiveness. We know it is inconvenient, but a clean colon will lead to an efficiently and safely performed colonoscopy that will lead to good gastrointestinal health.

Please follow these instructions-not the ones on the container

For this preparation you will need:

1. SUPREP bowel prep kit (picked up from you pharmacy) Follow the instructions given to you by Digestive Health Specialists. This prep is time sensitive and requires you to follow the directions exactly.

The day before your Colonoscopy: (NO SOLID FOOD)

Drink only clear liquids throughout the day.

You may not have any solid or soft food. Milk and other dairy products are not allowed.

NO red or purple liquids.

Clear liquids are those you can “see through”

Examples include:

- | | |
|---|---|
| ❖ Water | ❖ Jell-O |
| ❖ Apple Juice | ❖ Ice popsicles |
| ❖ White cranberry juice | ❖ Black coffee (No creamer or milk) |
| ❖ White grape juice | ❖ Hard candies |
| ❖ Tea (no milk or cream) | ❖ Carbonated Soda |
| ❖ Clear broth or bouillon | ❖ Sports drink (Gatorade, Vitamin Water, Power Ade, etc.) |
| ❖ Ginger Ale | |
| ❖ Lemon Lime soda | |
| ❖ Lemonade (no pulp) | |
| ❖ Kool-Aid or other fruit flavored drinks | |

At 6:00pm you will drink one dose of the SUPREP. (See reverse side for detailed instructions) Remember you are to continue consuming clear liquids throughout your preparation process. **This can continue until 3 hours before your procedure.**

The day of your Colonoscopy:

Today you will drink the second dose of SUPREP. You may be getting up very, very early to drink this last half. (See other side for detailed time and instructions)

*****Reminder***** You must follow these instructions to achieve the best results for you and your Doctor. Failure to do so may result in cancellation of your procedure or you may have to repeat the procedure at a later date.

COLONOSCOPY INSTRUCTIONS USING SUPREP

SUPREP is a laxative that cleans out your colon before a colonoscopy. It works by causing diarrhea. **You must complete the entire prep to ensure the most effective cleansing.**

It is important that you follow your physician's instructions regarding consumption of clear liquids before your colonoscopy. You must not drink anything, including your prep 3 hours prior to your procedure time.

INSTRUCTIONS FOR MIXING YOUR SUPREP BOWEL PREP

FIRST DOSING REGIMEN Date _____ Start time **6:00 PM**



Pour **ONE** (1) 6-ounce bottle of SUPREP liquid into the mixing container.



Add cool drinking water to the 16-ounce line on the container and mix.
NOTE: Be sure to dilute SUPREP as shown at left before you drink it.



Drink **ALL** the liquid in the container.



You **must** drink two (2) more 16-ounce containers of water over the next 1 hour.

NOTE: You **must** finish drinking the final glass of water at least 3 hours before your procedure.

Once the above steps are complete, continue drinking clear liquids until you go to sleep. Early the next morning you will repeat the steps again with the second bottle of SUPREP.

SECOND DOSING REGIMEN Date _____ Start time _____ AM/PM

REPEAT THE ABOVE PREPARATION STEPS 1-4

Make an effort to drink additional clear liquids until _____ AM/PM. At that point, it is important that you do not consume anything until after your colonoscopy.

PLEASE READ:

DO NOT take any Medications within 1 hour of starting to drink the solution

- Chills, Nausea, Cramping & Abdominal fullness are typical side effects of the prep.
- If you are having difficulty drinking the prep because of these symptoms-take a break from drinking, walk around, and resume drinking the prep. If you are on your morning dose-you must finish drinking 3 hours before you procedure time.
- If you have problems completing your prep or you are still passing brown fluid after completing please call us 480-563-5757
- Use wet wipes and Vaseline or Desitin to ease the discomfort.
- Use ginger-ale, lemon/lime wedges or any clear liquid in between the prep to make it more enjoyable.
- Suck on hard candies
- Remind your self you are doing this for you own health
- Once your procedure is over you can eat!

******Remember- No liquids (including prep) 3 hours before your procedure******

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DO NOT take any Medications within 1 hour of starting to drink the solution

- Chills, Nausea, Cramping & Abdominal Fullness are typical side effects of the prep.
- If you are having difficulty drinking the prep because of these symptoms-take a break from drinking, walk around, and resume drinking the prep. If you are on your morning dose-you must finish drinking 3 hours before you procedure time.
- If you have problems completing your prep or you are still passing brown fluid after completing your prep, **please contact the office 480-563-5757.**

TIPS & TRICKS :

- Use wet wipes and vaseline/Desitin to ease the discomfort.
- Put your prep over ice and use a straw to drink it
- Use ginger-ale, lemon/lime wedges or any clear liquid in between the prep to make it more enjoyable.
- Suck on hard candies
- Remind your self you are doing this for you own health
- Once your procedure is over you can eat!

******Remember- No liquids (including prep) 3 hours before your procedure******