

PATIENT STEPS THIS PAPERWORK

COLONOSCOPY INSTRUCTIONS FOR SUPREP BOWEL PREP:

1. Get your prescription filled and do your pre-registration at the hospital on the first floor in admitting, this should be done at least two days before your procedure date.
2. Beginning at noon on _____ you are to limit yourself to a clear liquid diet and start your prep. DO NOT eat any solid foods once you start your prep.
3. Tea, white grape juice, apple juice, clear chicken or beef broth, bouillon, Jell-O (no red, orange or purple), ginger ale, coffee (black with sugar or sugar substitute, no milk, cream or coffee mate), carbonated beverages (cokes, 7-UP or diet drinks), yellow Gatorade are appropriate to drink.
4. Initially you may feel slightly bloated and nauseated, but become more comfortable as you continue to have bowel movements. It is important to finish the entire prep. Nausea, cramping and abdominal fullness are the most common reactions.
5. On day of prep hold the following medications: Calcium, Lisinopril, Potassium and potassium supplements. Resume these medications after the procedure. Also be sure to take only blood pressure medications on the morning of the procedure with a small sip of water.
6. IF YOU ARE TAKING PLAVIX OR COUMADIN please be sure your physician is aware of this before your procedure as these medications may need to be placed on hold.

STEPS FOR USING THE SUPREP BOWEL PREP:

1. Pour ONE 6-ounce bottle of SUPREP liquid into the mixing container.
2. Add cool drinking water to the 16-ounce line on the container and mix.
3. Drink ALL the liquid in the container.
4. You MUST drink two more 16-ounce containers of water over the next 1 hour.
5. Wait 4-5 hours and then drink the second bottle of SUPREP repeating steps 1-4.

Please make sure not to eat or drink anything after midnight or morning of your procedure. You may take morning medicines with only a sip of water. If these rules are broken, then your procedure may have to be rescheduled or cancelled. If you have any questions please call 354-2555.

Thank you,

William A. Ball, Jr., M. D., F. A. C. S.

Procedure date and time _____

Time to be at hospital for procedure _____

*Report to second floor day surgery on morning of procedure.