

## 2 DAY COLONOSCOPY PREPARATION INSTRUCTIONS USING SUPREP

Patient Name: \_\_\_\_\_ Doctor: \_\_\_\_\_

Facility where procedure is to be performed: Southeast Valley Endoscopy Center

Date: \_\_\_\_\_ Check-in at \_\_\_\_\_ a.m./p.m. with procedure to follow an hour later.

Fill prescription for SUPREP BOWEL PREP KIT at your pharmacy.

**TWO DAYS BEFORE YOUR PROCEDURE:** For the entire day, follow a full liquid diet only – Smooth ice cream, milk, pudding, vegetable juice, fruit juice/nectar, liquid supplements (Boost, Ensure, Resource, Sustacal), soup (broth, bouillon, consommé, and strained cream soups – **but NO SOLIDS**.

**FOR THE ENTIRE DAY BEFORE YOUR TEST, FOLLOW A CLEAR LIQUID DIET. NO SOLID FOODS MAY BE EATEN!** We recommend that you drink at least 32 ounces of clear fluids before beginning the prep. Clear liquids include water, pulp-free juice, tea, coffee, soda, clear broth, Jell-O, Popsicles, and Gatorade. *Please do not consume milk, milk products, non-dairy creamer, red or purple products or alcoholic beverages.* You may continue to drink clear liquids up to four hours prior to your check-in time.

**TAKE NOTHING BY MOUTH 4 HOURS PRIOR TO YOUR CHECK-IN TIME – THIS INCLUDES WATER, GUM AND MINTS.** For medication instructions, please see back of sheet.

### WHEN TO DRINK THE LAXATIVE SOLUTION:

- ☐ **If you have a check-in time of 9:30 a.m. or earlier:**
  - **At 5:00 p.m. the day before your colonoscopy,** 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. Drink ALL the liquid in the container. You MUST then drink two (2) more 16-ounce containers of water over the next 1 hour. This is necessary to ensure adequate hydration and an adequate prep.
  - **At 10:00 p.m. the day before your colonoscopy,** again 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. Drink ALL the liquid in the container. You MUST then drink two (2) more 16-ounce containers of water over the next 1 hour. This is necessary to ensure adequate hydration and an adequate prep.
  - You may continue to drink clear liquids until 4 hours prior to your check-in time.
- ☐ **If you have a check-in time of 10:00 a.m. or later:**
  - **At 7:00 p.m. the day before your colonoscopy,** 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. Drink ALL the liquid in the container. You MUST then drink two (2) more 16-ounce containers of water over the next 1 hour. This is necessary to ensure adequate hydration and an adequate prep.
  - **On the day of your colonoscopy, at \_\_\_\_\_ a.m. (5 ½ hours before your check-in time)** 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. Drink ALL the liquid in the container. You MUST then drink two (2) more 16-ounce containers of water over the next 1 hour. This is necessary to ensure adequate hydration and an adequate prep.
  - You may continue to drink clear liquids until 4 hours prior to your check-in time.

**REMINDER: Nothing by mouth 4 hours before your check-in time.**

**Failure to follow these instructions could result in your procedure being postponed or cancelled. This is for your safety and to prevent an increased risk of pulmonary aspiration due to insufficient time to allow stomach contents to be emptied.**

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**MEDICATION INSTRUCTIONS:**

- **Stop taking the following medications FIVE (5) DAYS before your procedure**, unless directed otherwise by your healthcare provider:
  - Supplements such as iron and vitamin E. Multivitamins may be continued.
  - Anti-inflammatory medications such as ibuprofen (Advil, Motrin), naproxen (Aleve, Anaprox, Naprosyn), diclofenac (Arthrotec, Voltaren, Cataflam), oxaprozin (Daypro), piroxicam (Feldene), indomethacin (Indocin), ketoprofen, ketorolac, etodolac (Lodine), meloxicam (Mobic), nabumetone (Relafen), salsalate, sulindac. Tylenol is fine to take if you have discomfort.
  - Medications to thin the blood such as warfarin (Coumadin, Jantoven), clopidogrel (Plavix), ticlopidine (Ticlid), dipyridamole (Persantine, Aggrenox), anagrelide (Agrylin), cilostazol (Pletal), Effient (prasugrel), Xarelto (rivaroxaban) *unless specified otherwise*.
  - Pradaxa is generally stopped 1-5 days prior to a procedure, depending on kidney function. Please discuss with the prescribing physician when this medication should be held prior to your procedure.
- **DIABETIC MEDICATIONS:**
  - On the MORNING OF YOUR PREP DAY, take half of your usual diabetic medications.
  - On the EVENING OF YOUR PREP DAY, do not take any diabetic medications.
  - On the MORNING OF YOUR PROCEDURE DAY, do not take any diabetic medications.
- **OTHER HEART MEDICATIONS** (such as blood pressure medications) should be taken on the day of your procedure with a small sip of water. Medications must be taken at least two hours prior to your check-in time to allow the stomach to empty prior to your procedure.
- Please bring any **INHALERS** that you use with you to your procedure.
- **ASPIRIN THERAPY:** It is okay to continue aspirin 81mg or 325mg daily the week prior to your colonoscopy.

If you have questions regarding a medication not listed above, please contact our office at least one week prior to the colonoscopy.

<b>REMINDER: Nothing by mouth 4 hours before your check-in time</b>
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