

Procedure Date:

Procedure Time:

Arrival Time:

Location:

## SUPREP: INSTRUCTIONS FOR COLONOSCOPY PREPARATION

-Read Carefully-

**PLEASE READ ALL THE INSTRUCTIONS SEVERAL DAYS IN ADVANCE SO YOU CAN BE ADEQUATELY PREPARED FOR THE PROCEDURE**

To ensure your comfort, IV sedation can be given for this exam. You must have a responsible companion, family member, or friend, 18 years of age or older escort you to the endoscopy facility, be present during the procedure, at the time of your discharge, to drive you home, and stay with you for several hours after your procedure. You may not go home alone in a taxi, shuttle van, or bus, as these drivers will not be responsible for you. If you receive IV sedation, you may not drive until the following day. Please plan to be in the facility unit approximately 2-3 hours.

**1 WEEK PRIOR TO EXAM-Fill your Rx for SUPREP**

**SPECIAL MEDICATION INSTRUCTIONS**

**Five days prior to your procedure: Discontinue any medications that contain aspirin (Aspirin, Advil, Aleve, Motrin, Ibuprofen, Diclofenac, Mobic, Excedrin and Alka Seltzer.) PLEASE NOTE: TYLENOL IS NOT RESTRICTED.**

*\*If you are on Coumadin, Plavix, Eliquis, Pradaxa, Xarelto, Savaysa or any other blood thinner prescribed by a physician, you must call the prescribing physician to ensure it is safe to discontinue the medication prior to your procedure. Ask your prescribing physician how long you should be off the medication prior to your procedure.*

- **Do not take iron pills** for 7 days prior to your procedure.
- **Continue taking your other prescribed medications as usual.**  
If you have any questions about your medications, call your prescribing physician.
- **Diabetic patients** - Please contact your primary physician for diet and medication instructions.
- If you have an internal defibrillator device (**AICD**), please bring your card to give to the nurse. You will need to know the name brand of your device prior to your procedure.
- **Are you pregnant?** Bowel cleansing products have not been researched or tested on pregnant women. Please discuss these risks with your OB/GYN.

If you have high blood pressure and are taking medication to monitor this, please look over this list and **DO NOT** take these medications the **NIGHT BEFORE** or the **MORNING OF SURGERY.**

-Accupril	-Enalapril	-Mavik	-Tarka
-Accuretic	-Enalaprilat	-Moexipril	-Trandolapril
-Aceon	-Fosinopril	-Monopril	-Uniretic
-Altace	-Lexxel	-Prinivil	-Vaseretic
-Benazepril	-Lisinopril	-Prinzide	-Vasotec
-Capoten	-Lotensin	-Quinapril	-Zestoretic
-Capozide	-Lotrel	-Ramipril	-Zestril
-Catopril			

# SUPREP Instructions

You must complete the entire prep to ensure the most effective cleansing. Purchase one SUPREP kit from your pharmacist using the enclosed prescription. Please fill your prescription one week prior to your procedure.

**One week before your colonoscopy:** Fill your prescription for SUPREP.

**Two days before your colonoscopy:** Low fiber diet and increase fluids.

**One day before your colonoscopy: Begin Clear Liquid Diet: \*\*NO RED OR PURPLE DYES\*\***

Water, clear broth or bouillon, coffee or tea (no creamer) Gatorade, Propel, Soda, Fruit Juices (no pulp), Jell-o, Popsicles and hard candies.

**PLEASE KEEP YOURSELF HYDRATED by drinking at least 8 glasses of water throughout the day. No solid food - Clear liquids only for breakfast, lunch & dinner.**

**1<sup>st</sup> Dose: Evening before your procedure:**

**If your procedure check in time is 11am or earlier your first dose should be at 6:00pm**

**If your procedure check in time is after 11am your first dose should be at 8:00 pm**

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

Step 2: Add cool drinking water to the 16-ounce line on the container and mix.

Step 3: Drink ALL the liquid in the container.

Step 4: You MUST drink two (2) more 16-ounce containers of water over the next 1 hour.

**2<sup>nd</sup> Dose: Evening before/Morning of your procedure:**

**If your procedure check in time is 11am or earlier your second dose should be at 11:00pm**

**If your procedure check in time is after 11am your second dose should be at 6:00 am**

**(You must finish all four steps 4 hours before your procedure):**

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

Step 2: Add cool drinking water to the 16-ounce line on the container and mix.

Step 3: Drink ALL the liquid in the container.

Step 4: You MUST drink two (2) more 16-ounce containers of water over the next 1 hour.

**IMPORTANT: Nothing by mouth starting 4 hours before your procedure check in time**

**TO AVOID NAUSEA:**

\*CHILL THE PREP

\*DRINK THE PREP THROUGH A STRAW

\*SIP GINGER ALE BETWEEN MARKERS

\*SUCK ON ICE CHIPS TO NUMB YOUR TASTEBUDS

**NOTE:** Oral laxatives may cause mild cramping, bloating or nausea. Always stay near a bathroom while using the SUPREP.

\* Procedures scheduled at McKay-Dee Hospital: go to Suite 2670 (Second floor, North end).

**Pre-Registration is required. YOU MUST CALL 801-442-8600 THE DAY BEFORE YOUR PROCEDURE AND PRE-REGISTER. IF YOU FAIL TO DO SO. YOUR APPOINTMENT WILL BE RESCHEDULED.**

\* Procedures scheduled at Mount Ogden Surgical Center: the facility will contact you the day before your procedure with your arrival time. If you have not been contacted by 3:00pm the day before, please call the Surgical Center at 801-479-4470 to receive your arrival time. Mt. Ogden Surgical Center is located at 4364 Washington Blvd, Ogden, Ut 84403.

**PATIENT NOTE: PATIENTS WILL BE CHARGED A \$100.00 FEE IF THEY CANCEL THEIR PROCEDURE WITHIN 2 BUSINESS DAYS OF THEIR SCHEDULED TIME OR THEY NO SHOW THEIR APPOINTMENT.**

