

## COLONOSCOPY PREP with Suprep Bowel Kit

PLEASE report to the Admitting Department at \_\_\_\_\_ on \_\_\_\_\_ at \_\_\_\_\_ a.m./p.m. Procedure time: \_\_\_\_\_ a.m./p.m. Plan to be there 2 – 4 hours. The purpose of this procedure is to directly view the lining of the colon to inspect for disease. The main risk is the remote possibility of perforation. Immediately prior to the passage of the instrument, you may be given intravenous Demerol and Versed, or possibly other sedating agents. If you are ALLERGIC to either of these medications, or to LATEX, please be certain you have notified the office.

**SOMEONE MUST DRIVE YOU TO YOUR PROCEDURE, STAY WITH YOU, THEN DRIVE YOU HOME. NO EXCEPTIONS! YOU MAY NOT RESUME DRIVING OR OPERATE HEAVY EQUIPMENT FOR THE REST OF THE DAY.**

### PATIENT INSTRUCTIONS – for the SUPREP BOWEL KIT:

1. Obtain SUPREP BOWEL KIT from the pharmacy. You will need a prescription.

### INSTRUCTIONS – FOR DAY BEFORE PROCEDURE:

**\* PLEASE DRINK FLUIDS THROUGHOUT THE DAY, ENSURING YOU ARE WELL HYDRATED.**

**\* DIABETIC PATIENTS: USE ½ YOUR INSULIN DOSE. *DO NOT TAKE YOUR DIABETIC PILLS TODAY.***

1. **Start a clear liquid diet at breakfast, continue all day and until after the colonoscopy.**
2. Drink only clear liquids for breakfast, lunch and dinner. NO FOOD ALLOWED. No Alcohol. **DO NOT DRINK OR EAT ANYTHING RED.**
3. **At 6:00 p.m.**, empty contents of the first 6 oz. bottle of Suprep into mixing container provided. Fill up the rest of the container with **water**, to the fill-line. Consume entire container.
4. **Drink two additional containers of water over the next hour.**
5. **You MUST drink all required solution and water.**

### DAY OF PROCEDURE:

**\*You may take any heart or blood pressure medications in the morning.\***

**5 hours before your colonoscopy time:** \_\_\_\_\_, empty contents of the second 6 oz. bottle of Suprep into mixing container. Fill the rest of the container with **water**, to the fill-line. Consume entire container. **Drink two additional containers of water over the next hour.**

**Prep must be finished 3 hours before your colonoscopy procedure time).**

**After you complete the prep, do not take any other liquid or food.**

**\* DIABETIC PATIENTS: PLEASE CHECK YOUR BLOOD SUGAR, IF ABLE, AND TAKE YOUR MEDICATION WITH YOU TO THE HOSPITAL. USE ½ YOUR USUAL INSULIN DOSE. *DO NOT TAKE YOUR DIABETIC PILLS THIS MORNING.***

\* You can eat or drink as soon as you feel you are alert enough to.

- If you have severe ulcerative colitis, consult your physician before using this product.
- If you have severe discomfort or distention (bloating), stop drinking the solution for a while or wait longer between drinking each glass until the discomfort goes away.
- Do not take any other medicines within one hour of starting to drink the solution.
- Avoid drinking large amounts of water during or after taking this product or after a Colonoscopy.
- Nausea, cramping and abdominal fullness are the most common adverse reactions.

\*\*\* See page Two (2) for medications to stay away from prior to your procedure.\*\*\*

\*\*\* See page Three (3) for full list of diet requirements.\*\*\*