

COLONOSCOPY PREP USING SUPREP

PATIENT: _____

DOCTOR: _____ LOCATION: _____

PROCEDURE DAY: _____ DATE: _____

ARRIVAL TIME: _____ PROCEDURE TIME: _____

**PLEASE PURCHASE THE ITEM BELOW AT YOUR LOCAL PHARMACY:
SUPREP Bowel Prep Kit- Prescription required, please obtain from your GI Provider**

THE DAY PRIOR TO YOUR PROCEDURE. DAY _____ DATE: _____

You must follow a clear liquid diet all day. LIQUIDS ALLOWED: Water, black coffee, apple and white grape juice, soda, tea, Kool Aid, sports drinks, lemon or lime Jell-O, Chicken or beef broth, and popsicles.

NOT ALLOWED: Solid food, milk, alcohol or anything RED, ORANGE, or PURPLE.



STEP 1: At _____, Pour one (1) 6-ounce bottle of SUPREP into the cup provided. Add cool water to the 16-ounce line on the cup and mix. Drink all of the mixture



STEP 2: You must drink two (2) more 16-ounce glasses of water over the next hour.



STEP 3: At _____, 6 hours before your procedure, Pour one (1) 6-ounce bottle of SUPREP into the cup provided. Add cool water to the 16-ounce line on cup and mix. Drink all of the mixture.



STEP 4: REPEAT STEP 2. Stay near toilet. You will have diarrhea, which can be quite sudden. This is normal. The stool should eventually be a clear yellow liquid. **No food, drink or water after _____.**

Some nausea and bloating are expected and often occurs. If you start to feel severely nauseated or bloated stop for one hour.

AT LEAST A WEEK BEFORE YOUR PROCEDURE: Check with your prescribing doctor to make sure it is safe to hold prescription blood thinners, such as Coumadin, Plavix, Pradaxa, Xarelto, Warfarin, Eliquis, or iron supplements. Please get permission to stop these **4 days prior** to your procedure.

COLON CLEASING TIPS:
Drink sips of the mixture through a straw
Walking will help move the solution through, your body
If you feel bloated or your stomach feels “full”, drink solution slow
Continue drinking lots of clear liquids until the time listed below.
Anal skin irritation or flare of hemorrhoid inflammation may occur. If this happens, treat it with over-the-counter remedies, such as hydrocortisone cream, baby wipes; Vaseline, or tucks. Avoid products containing alcohol.

NPO STATUS: During your procedure you will be administered either general anesthesia or heavy sedation. For your safety, it is essential you follow these guidelines:

- **No GUM, CANDY, MINTS, CIGARETTE SMOKING or TOBACCO USE 2 hours prior to your arrival time.**
- **NOTHING TO EAT OR DRINK AFTER _____.**

THE DAY OF YOUR PROCEDURE:

- If you take insulin or oral diabetic medication, you are advised to **HOLD** and **DO NOT TAKE** on the day of your procedure. Bring it with you.
- Take any routine heart, blood pressure or seizure medications with a **SMALL** sip of water. At least two hours before your procedure.

YOU MUST HAVE WITH YOU:

- A responsible adult to drive you home. This individual must be present when you, check-in and stay at the facility during the procedure or your procedure will be **CANCELLED**.
- A list of all medications you are now taking, including over-the counter products and herbal supplements.
- A list of any allergies you have.
- If you have a Pacemaker/AICD please bring in your Pacemaker/AICD card.

Overland Park Surgery Center
 10601 Quivira Suite 100
 Overland park, KS 66215

Overland Park Regional
 10500 Quivira Road
 Overland Park, KS 66215

Shawnee Mission Medical Center
 9100 W. 74th Street
 Shawnee Mission, KS 66204

Providence Medical Center
 8929 Parallel Parkway
 Kansas City, KS 66112

Surgery Center at Liberty Hospital
 2529 Glenn Hendren Drive Suite 160
 Liberty, MO 64068

North Kansas City Hospital Pavilion
 2790 Clay Edwards Drive
 GI Lab 7th Floor
 North Kansas City, MO 64116

Westglen Endoscopy Center
 16663 Midland Drive
 Shawnee, KS 66217

Saint Luke’s South Surgery Center
 12541 Foster Suite 120
 Overland Park, KS 66213

Any questions, please contact us at:
WESTGLEN GI: 913-962-2122
KC NORTH GI: 816-221-9898