

COLONOSCOPY

SUPREP BOWEL PREPARATION INSTRUCTIONS

Patient's Name: _____

Procedure Location: **Digestive Care Medical Center** (650) 596-8800 (scheduling/after hr)
1000A Laurel Street, San Carlos, CA (650) 596-8118 (nursing)

Date and Time of Procedure: _____

Arrival Time: _____

Purpose of Procedure: To evaluate the colon with a flexible instrument.

Preparation:

- Obtain the prescribed SUPREP Bowel Prep Kit from a pharmacy. Also obtain Tucks medicated wipes if you wish to minimize irritation from wiping.
- **Five Days Before:** Stop taking any iron, aspirin, Coumadin, Lovenox, Plavix, or NSAIDs (e.g. ibuprofen, Motrin, Advil, Nuprin, Aleve, Naprosyn etc.). Tylenol, Celebrex, and Mobic are O.K. to take as directed. Also stop taking any Olestra containing products (e.g. Frito-Lay's WOW chips, Pringle fat-free chips).
- **One Day Before:**
 1. Drink **only clear liquids the entire day** (black coffee, tea, soda, water, apple juice, cranberry juice, grape juice, Gatorade, clear broth, popsicles, and jello. No red jello. No alcohol. No solid food).
 2. At 4pm or later pour one 6-ounce bottle of SUPREP Bowel Prep Kit into the mixing container provided. Add cool drinking water to the 16-ounce line on the container and mix. Drink ALL the liquid in the container. You must drink at least two more 16-ounce containers of water over the next one hour. (Note that responses to laxatives vary; it may take anywhere from 30 minutes to 4 hours to cause diarrhea).
- **Day of Procedure:**
 1. Starting 4-6 hours before procedure pour the contents of the second bottle of SUPREP into the mixing container provided. Fill the container with water to the 16-ounce fill line, and drink the entire amount. Drink two additional containers filled to the 16-ounce line with water over the next hour. Complete all SUPREP and required water at least 2 hours prior to colonoscopy. Nothing to drink for 2 hours prior to the exam except for sips of water with any necessary medications on the day of the exam.

Please note:

- If you are diabetic or take blood thinners check with your doctor about specific instructions.
- Arrange for someone to drive you home (not taxi or bus) and be prepared to be at the endoscopy center for 90 minutes. **You will not be able to drive for the remainder of the day of your procedure.**
- Please call the Center at (650) 596-8118 or the Office at (650) 596-8800 for any questions about the preparation or procedure. Please call 596-8800 **at least one week prior to exam if you must cancel.** There is a \$300 charge for procedures cancelled within 5 business days of scheduled date.
- The above procedure may result in a bill from our office, the Digestive Care Medical Center, and from a pathologist. All three of these providers may not be in your insurance company network.