

GASTRO HEALTH – SUPREP –

Your procedure is scheduled with:

Your colonoscopy is scheduled at:

*Date of Exam: _____

*Arrival Time: _____

*Although every effort is made to accommodate your scheduled arrival time, each patient undergoing an endoscopic procedure requires individualized care and the schedule may need to be adjusted accordingly and at the last minute. Thank you for your patience.

5 days prior: _____	3 days prior: _____	1 day prior: _____	Procedure Day! _____
<p>Have you picked up your prescription for SUPREP (an oral laxative) at your pharmacy? It may have a different name. It has been electronically prescribed.</p> <p>Have you arranged a ride home from your procedure? * No ride = No sedation * Read these preparation instructions thoroughly. Disregard other instructions or those that may be printed on your prescription.</p> <p>Stop taking iron.</p> <p>Stop ALL vitamins, alternative medicines, naturopathic or Chinese remedies, herbs, and oily capsules.</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>No nuts, seeds, popcorn, corn, or granola. These can clog the scopes. Please begin a low-fiber diet. No raw fruits or vegetables, canned or cooked are ok. White bread only.</p> </div>	<p>Continue all prescription medications unless advised to stop or adjust.</p> <p>Unable to keep your appointment?</p> <p>To avoid a possible administrative fee, reschedule or cancel with 2 business days notice.</p>	<p>Refrain from nicotine use in all forms. Upon rising, begin clear liquid diet only. Drink at least 8 ounces of liquid every hour: (see list below)</p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p>Gatorade, broth, water, black coffee, clear tea, clear fruit juices, Jell-O, popsicles, soda pop, Kool-Aid, Crystal Light, or any other clear liquid drink of your choice.</p> </div> <ul style="list-style-type: none"> • No milk or cream, protein drinks, or Ensure - type shakes • Avoid anything red • No alcohol • No fibrous or pulpy liquids <p>Dose 1: Between 3pm and 6pm</p> <p>1) Pour ONE (1) bottle of SUPREP liquid into the mixing container.</p> <p>2) Add water to the 16oz. line on the container and mix.</p> <p>3) Drink ALL the liquid in the container.</p> <p>4) MUST drink two (2) more 16oz. containers of water over the next 1 hour.</p> <p>Stay close to the restroom. Continue drinking clear liquids until bedtime.</p> <p>Additional Instructions: _____</p>	<p>You may drink approved clear liquids until you start the second dose of laxative.</p> <p>Dose 2: At (7 hours before arrival time)</p> <p>1) Pour ONE (1) bottle of SUPREP liquid into the mixing container.</p> <p>2) Add water to the 16oz. line on the container and mix.</p> <p>3) Drink ALL the liquid in the container.</p> <p>4) You MUST drink two (2) more 16oz. containers of water over the next 1 hour.</p> <p>Continue drinking clear liquids until 4 hours prior to arrival.</p> <p>Nothing by mouth for 4 hours prior to arrival. Stop drinking at:</p> <p>Bring with you:</p> <ul style="list-style-type: none"> • Any completed paperwork • Your ride home • Insurance card • Reading glasses, if needed • Identification <p>Leave behind all jewelry, money, and valuables.</p> <p>Additional Instructions: _____</p>

Please read your entire packet at least 7 days in advance and make sure you've picked up your prescription for bowel preparation in plenty of time! If you have questions about your procedure, preparation, or need to reschedule, please call your provider's office.

If your procedure is the last one of the day, your driver is asked to stay in the immediate area.

ABSOLUTELY NO UNACCOMPANIED PUBLIC TRANSPORTATION, RIDE SHARE SERVICE, TAXI, UBER, or LYFT RIDES HOME.

We advise you to rest at home the remainder of the day. Do not drive ANY vehicle or make any major decisions for 12 hours after procedure.