

SUPREP® Instructions

Your Exam is Scheduled for _____ **Time of Arrival** _____

If you have questions about your appointment, please contact the Perioperative Nurse Educator at 715-483-0442, Monday through Friday between 8:30 AM and 4:00 PM. Please contact the Nursing Supervisor at 800-828-3627 if you have questions or need to cancel outside of those hours.

If a provider advises you take aspirin for a heart condition, **DO NOT** stop taking it.

Withholding anticoagulation medication can be dangerous, so always check with your provider before stopping these medicines.

Before the Exam

- If you take insulin or a diabetes pill, contact your primary care provider for medicine and dietary instructions.
- Tell the nurse if you are pregnant, allergic to any medicines, or allergic to latex.
- Alert staff if you have heart and/or lung problems and if you have bleeding problems after surgery or dental work.
- Arrange for someone to drive you home after the exam. You will have a medication that makes you sleepy and you will not be able to drive or walk home. ***If you do not have someone to drive you home, your test will be canceled.***

Five (5) to Seven (7) Days Before the Exam

- Pick up your SUPREP®.

One (1) Week Before the Exam

- Begin the Low Fiber Diet (*see attached*).

The Day Before the Exam

- **Follow a Clear Liquid Diet the entire day.** A clear liquid diet consists of water, coffee or tea (without milk or nondairy creamer), Gatorade® or Powerade® (**no red or purple**), Pedialyte®, carbonated and non-carbonated soft drinks, clear fruit juices **without pulp** (apple, white grape, powdered lemonade), broth, Jello® (**no red Jello®**), popsicles (**no red or purple**) and hard candies are acceptable.
- **DO NOT drink:** tomato juice, orange juice or any red- or purple-colored liquids, alcoholic beverages, milk or non-dairy creamer. **DO NOT eat any solid foods.**
- **Between 5:00 PM and 6:00 PM:** Pour a single, six (6)-ounce bottle of SUPREP® liquid into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. **Drink all the liquid in the container.**
- Over the next one (1) hour, you must drink two (2) more of the 16-ounce containers of water.

Information Continued on Other Side



The Day of Your Colonoscopy

- *You may have to get up early.*
- **Five (5) hours before you need to leave for your colonoscopy:** Repeat the same steps from the night before. Pour a single, six (6)-ounce bottle of SUPREP® liquid into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. **Drink all the liquid in the container.**
- Over the next one (1) hour, you must drink two (2) more of the 16-ounce containers of water.
- You may have clear liquids up to four (4) hours before your scheduled arrival time for your colonoscopy.
- **Your stop time is:**_____
- Take any regular medicine with a small sip of water.
- When you arrive for your exam, check in with the Same Day Surgery Center located through the main hospital entrance. Be sure to bring your insurance card and photo ID.

During Your Colonoscopy

- You will be asked to lie on your left side with your knees drawn up. Your doctor will insert a scope through the rectum and pass it into your colon. The doctor will use a small amount of air to expand the colon to see the colon walls.

After the Exam

- The nursing staff will monitor you for about 60 minutes.
- Your doctor will talk with you about the results of the exam before you leave. You may not remember what your doctor tells you; your doctor may also talk to your family.
- Your nurse may also discuss your results and assist you if other appointments are needed.
- You may resume your normal diet and medicines.
- Upon discharge, your driver can take you home.

Colon Cleansing Tips

- Stay near a toilet. You will have diarrhea. This is normal.
- Drinking the solution through a straw can make it easier to tolerate.
- You may experience **abdominal cramps** and **lightheadedness**. If this happens, lie down, elevate your feet, place a cold washcloth on your head, and drink water.
- Rarely, people may experience nausea/vomiting. If this happens, take a 30 minute break from drinking the prep, brush your teeth or rinse your mouth out, then continue taking the prep.
- Use baby wipes (moist wipes) to prevent irritation of the rectum.