

STILLWATER MEDICAL CENTER
SUPREP Colonoscopy Prep Telephone Instructions—TASwafford

From Pharmacy: SUPREP prescription (Follow directions on instruction sheet)

MEDICATIONS

- STOP all diet pills **7 DAYS** before your procedure.
- STOP taking **ASPIRIN** and arthritis medicines (Motrin, ibuprofen, Advil, Naprosyn, Aleve, naproxen, Voltaren, Arthrotec, & Vitamin E) **3 Days** prior to procedure.
- It is okay to take **Tylenol**.
- STOP taking Iron, Vitamins containing iron, and bulk (fiber) laxatives (Metamucil, Citrucel, Effersyllium, etc.) **3 DAYS** prior to your procedure.
- If you are taking prescribed blood thinners (**Plavix, Coumadin**, etc.) **YOU MUST CALL** your medical doctor to see if you can temporarily STOP TAKING THEM. You must also notify the doctor performing the procedure if you CANNOT STOP these medications before your procedure.
- Please notify the nurse and doctor if you have a history of prosthetic heart valve, endocarditis, or synthetic vascular graft (grafts less than 1 year old).

PREP INSTRUCTIONS

Follow these instructions for colonoscopy preparation (failure to take the prep as directed may result in a poorly cleansed colon and possible cancellation of your procedure).

- **The day before** your procedure, you may have only clear liquids **NO SOLID FOOD**. • If you are a **DIABETIC** you may eat a light breakfast by 10am **the day before** the procedure. **After 10am**, you may only have a clear liquid diet as instructed above. Do not drink anything containing red, green or blue dyes. Clear liquids include: apple juice, white grape juice, white cranberry juice, broth, bouillon, yellow popsicles, yellow Crystal Light, clear or yellow Gatorade, tea, water, hard candy, gum or carbonated beverages (Sprite, 7-up, Mountain Dew, ginger ale). **Drink AT LEAST 20 oz. of CLEAR LIQUID every hour.** This is in addition to the water that you drink with the **SUPREP**. It is **VERY IMPORTANT** that you drink the required amount of fluids.
- At 5pm: Pour the first 6oz bottle of **SUPREP** in to mixing container and then add cool drinking water until it reaches the 16oz line on the container and mix. Drink ALL of the liquid in the container. You then must drink two additional 16oz containers of water over the next hour. Complete the entire first dose of the prep solution and water by 9pm the evening before your procedure.

DAY OF PROCEDURE

- Begin the second dose of the prep solution 5 hours before your procedure time and finish completely 2 hours before your procedure time.
- Pour the second 6oz bottle of **SUPREP** in to mixing container and then add cool drinking water until it reaches the 16oz line on the cup. Drink ALL of the liquid in the container. You then must drink two additional 16oz containers of water over the next hour.
- DO NOT take insulin or diabetic medications the morning of the exam.
- DO NOT eat or drink anything after midnight unless instructed to take certain medications. Take them with a small sip of water at least 2 hours before the exam.
- Report to the Surgery Center West Check-In Desk at _____(time)on_____(day). The address to the Surgery Center West is: 5200 W. 6th Ave. Stillwater, OK 74074
- If you receive sedation, you **MUST** have someone drive you home as you will not be permitted to drive. We are not permitted to discharge patients to taxicabs or buses. Please make arrangements with family or close friend.

PROBLEMS OR QUESTIONS

- If you become nauseated or vomit and cannot tolerate the prep, **STOP** drinking for ONE HOUR, then resume your clear liquids slowly. If vomiting DOES NOT STOP and you are unable to complete the prep:
- CALL: **405-372-1480** and ask for the On-Call ENDOSCOPY NURSE to be paged.

Reviewed/Revised: 11/15/18 Reference: For Use On:	STILLWATER MEDICAL CENTER SUPREP Colonoscopy Prep Telephone Instructions—TASwafford Patient Instructions	Patient Label (Pt Name, V#, MR#, DOB, DOS, Age, Sex, Loc, Physician)
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