

## YOUR COLONOSCOPY IS SCHEDULED FOR:

Date of Procedure: \_\_\_\_\_

Gastro Health Physician: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Facility/address: \_\_\_\_\_

Phone: \_\_\_\_\_

Registration Assistant: \_\_\_\_\_

**Appointments missed or canceled with less than 72 hours' notice may result in a fee in accordance with applicable office policies.**

### **DAY BEFORE-CLEAR LIQUID PREPARATION INSTRUCTIONS FOR YOUR COLONOSCOPY WITH SUPREP**

PLEASE REVIEW THE INSTRUCTIONS *AT LEAST 3 DAYS PRIOR* TO THE PROCEDURE USE THESE PREPARATION INSTRUCTIONS *AND NOT* THOSE INCLUDED WITH THE SUPREP BOX.



**It is important that you follow these directions carefully  
and complete the entire preparation to ensure the most effective cleansing.**

- If you are taking any blood thinners and/or insulin **AND** this was **NOT** discussed with your doctor at the time of scheduling the procedure, please call us **BEFORE** starting the preparation. These include, but are not limited to *Aspirin, Coumadin-(Warfarin), Plavix-(Clopidogrel), Xarelto-(Rivaroxaban), Pradaxa-(Dabigatran), Elequis-(Apixaban), Arixtra-(Fondaparinux), Effient-(Prasugrel), Aggrenox-(Aspirin/Dipyridamole), and all NSAIDs (Ibuprofen, Motrin, Aleve, Naproxen, Celebrex, Mobic).*
- **YOU MUST CONTINUE TO TAKE ALL** your other medications every day prior to the colonoscopy AND take them with a small sip of water on the day of your colonoscopy.
- **IF YOU ARE DIABETIC, DO NOT** take your diabetic pills the evening prior or day of the colonoscopy.
- Please plan to have someone drive you home after the procedure. You will not be allowed to drive yourself home.
- You cannot take an Uber, Lyft, taxi, or public transportation home from your procedure without an adult companion.

## DAY BEFORE PREPARATION INSTRUCTIONS FOR YOUR COLONOSCOPY WITH SUPREP



### 3 DAYS BEFORE THE PROCEDURE

STOP eating fruits and vegetables including beans, corn and seeds.

### THE DAY PRIOR TO THE PROCEDURE

You may not have any solid food. If desired you may have a liquid yogurt only for breakfast before 10 AM, no later. After 10 am you may have only clear liquids. For example: water, coffee, tea, broth, sodas, apple juice, Gatorade, Kool-aid, Jell-O, popsicles, and hard candy.

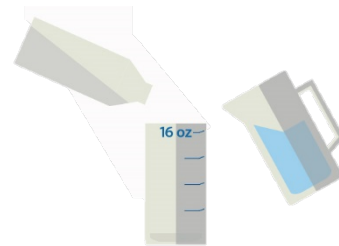
**DO NOT DRINK MILK. DO NOT DRINK LIQUIDS THAT ARE RED OR PURPLE IN COLOR.**

### BEGIN YOUR SUPREP

#### STEP 1:

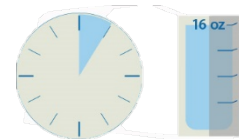
Between 5:00 PM and 7:00 PM

- Pour ONE 6-ounce bottle of Suprep liquid into the container.
- Add cool drinking water to the 16-ounce line on the container and mix.



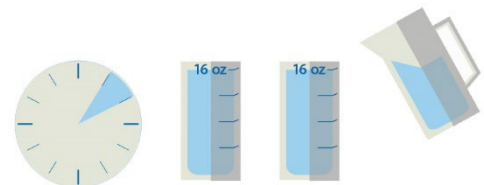
#### STEP 2:

Drink all the solution within 1 hour.



#### STEP 3:

Drink TWO (2) more 16-ounce containers of water over the following hour.



### THE MORNING OF THE PROCEDURE

#### STEP 4:

Starting at \_\_\_\_\_ (4 hours before the arrival time)

Using the other 6-ounce bottle of Suprep liquid, repeat STEP 1, STEP 2 and STEP 3.

**Finish the entire prep even if stool is clear liquid.**

**YOU MUST COMPLETE STEP 4 AND STOP ALL LIQUIDS BY \_\_\_\_\_ (At least 2 hours before your Arrival Time)**

Please call us if you have any questions or if you are having difficulty with the preparation.

