GASTRO HEALTH

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.

SAME DAY-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/Dipirydamole), 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.

SAME DAY PREPARATION INSTRUCTIONS FOR YOUR COLONOSCOPY WITH SUPREP

3 DAYS BEFORE THE PROCEDURE

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

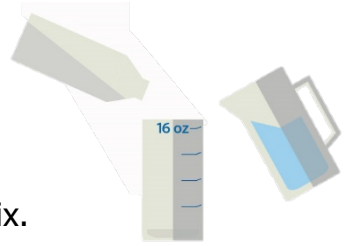
THE DAY PRIOR TO THE PROCEDURE

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.

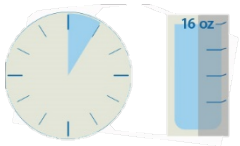
DO NOT DRINK MILK. DO NOT DRINK LIQUIDS THAT ARE RED OR PURPLE IN COLOR.

THE MORNING OF THE PROCEDURE BEGIN YOUR SUPREP

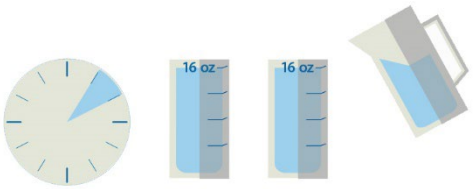
STEP 1:
Starting at _____
(7 hours before arrival time)
- Pour ONE 6-ounce bottle of Suprep liquid into the container.
- Add cool drinking water to the 16-ounce line on the container and mix.



STEP 2:
Drink all the solution within 1 hour.



STEP 3:
Drink TWO (2) more 16-ounce containers of water over the following hour.



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.