

COLONOSCOPY PREP INSTRUCTIONS (Suprep)

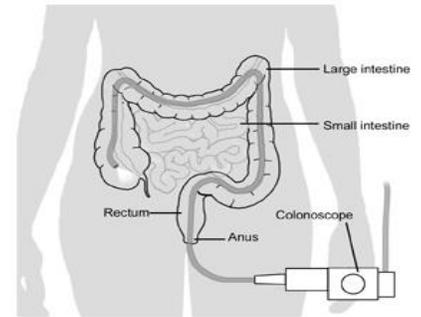
<input type="checkbox"/>	Greenbelt Endoscopy Center:	9821 Greenbelt Road, Suite 103, Lanham, MD 20706	301-552-1801
<input type="checkbox"/>	Washington Adventist Hospital:	7600 Carroll Avenue, Takoma Park, MD 20912	301-891-7600
<input type="checkbox"/>	Doctors Community Hospital:	8118 Good Luck Road, Lanham, MD 20706	301-552-8118

DAY: MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

DATE: _____ **ARRIVE AT:** _____ AM / PM **START AT:** _____ AM / PM

*You are scheduled to have an exam of your colon with a flexible lighted tube instrument called a Colonoscope. You will be given medication prior to your examination that will enable the physician to perform the test with as little discomfort as possible. Because of the medications' sedative properties, **we require you make arrangements for someone to accompany you TO and FROM your procedure.**

**Please note:* leaving in a taxi cab is only permitted when you are accompanied 18-years-of age or older. You should not drive for the rest of the day.



***MEDICATION INSTRUCTIONS:**

- **5 days before your procedure:** No **COUMADIN, PLAVIX, ANTICOAGULANTS** or **IRON SUPPLEMENTS.**
- **3 days before your procedure:** No **ANTI-INFLAMMATORY MEDS.** [i.e. Advil, Aleve, Ibuprofen, Naproxen]
- **1 day before your procedure:** It is **OKAY** to take **ORAL DIABETIC MEDICATIONS** in the **MORNING**, but Please **DO NOT** take **ORAL DIABETIC MEDICATIONS** in the **EVENING.**
- Special Instructions: _____

***THE DAY OF YOUR PROCEDURE:**

- Please **DO NOT** EAT or DRINK ANYTHING, including **WATER.**
- Please **DO NOT** TAKE any ORAL MEDICATIONS, including **ASPIRIN.**
- * If you normally take **BLOOD PRESSURE** medication(s), please continue as usual, but with a small sip of water.
- * **DIABETICS**, please do not take any diabetic meds, but monitor your blood sugar & update the nurse at the facility.



*** IF YOU ARE UNABLE TO KEEP YOUR APPOINTMENT, PLEASE LET US KNOW AT LEAST 3 BUSINESS DAYS, TO AVOID A \$100 CANCELLATION FEE. THIS WAY WE CAN OFFER THE APPOINTMENT TO ANOTHER PATIENT.**

*** IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL THE OFFICE 301-715-3744 OPTION # 3.**

ONE DAY BEFORE YOUR PROCEDURE

YOU NEED TO BE ON A CLEAR LIQUID DIET ALL DAY LONG (24 HOURS).

YOU MAY HAVE:

WATER, TEA, BLACK COFFEE, LEMON LIME SODAS, GATORADE, CLEAR STRAINED JUICES, CLEAR HARD CANDIES, CLEAR SOUP BROTH, BOUILLON CUBES AND JELL-O.



YOU MAY NOT HAVE:

SOLID FOOD



ALCOHOL



DAIRY



FRUIT



***THE DAY BEFORE YOUR COLONOSCOPY, THE COLON NEEDS TO BE COMPLETELY EMPTIED BY BEDTIME, WITH A LAXATIVE BOWEL PREPARATION. WHEN WASTE IS LEFT IN THE COLON, THE PHYSICIAN CANNOT SEE THE COLON PROPERLY, WHICH COULD LEAD TO A POTENTIALLY INACCURATE EXAM AND MAY NECESSITATE A SECOND EXAM LATER. INDIVIDUAL RESPONSES TO LAXATIVES VARY SO PLEASE STAY CLOSE TO THE RESTROOM.**

***AT LEAST 2 DAYS BEFORE THE PROCEDURE, PLEASE PICK UP YOUR SUPREP PRESCRIPTION. THE SUPREP KIT CONTAINS TWO 6 OZ. BOTTLES OF SUPREP LIQUID AND A DISPOSABLE CONTAINER FOR MIXING. IF PREFERRED, PLACE THE SUPREP KIT IN THE REFRIGERATOR SO THAT IT MAY BE CHILLED PRIOR TO DRINKING. DRINKING IT COLD AND THROUGH A STRAW ARE STRONGLY SUGGESTED.**

SUPREP KIT



The Suprep prescription was electronically sent to the pharmacy you gave our front desk.

Please call your pharmacy before you go to pick it up, to make sure it is covered by your insurance and ready for you.

Please DO NOT wait until your prep day to pick up the Suprep prescription.

PLEASE DO NOT FOLLOW THE BOX INSTRUCTIONS!

***PLEASE FOLLOW THIS PAGE'S INSTRUCTIONS:**

THE EVENING BEFORE YOUR PROCEDURE,

_____, **PLEASE TAKE:**

DOSE 1 at _____.
STEPS 1-4

DOSE 2 at _____.
Repeat STEPS 1-4

STEP 1
Pour **ONE (1)** 6-ounce bottle of SUPREP liquid into the mixing container.

STEP 2
Add cool drinking water to the 16-ounce line on the container and mix.
NOTE: Dilute the solution concentrate as directed prior to use.

STEP 3
Drink **ALL** the liquid in the container.

STEP 4
IMPORTANT
You **must** drink two (2) more 16-ounce containers of water over the next 1 hour.

***YOU ARE NOW DONE WITH THE SUPREP STEPS, BUT PLEASE REMEMBER TO ONLY DRINK CLEAR LIQUIDS UNTIL MIDNIGHT.
NO MORE LIQUIDS AFTER MIDNIGHT!***