

GASTROENTEROLOGY CONSULTANTS, P.C.

COLONOSCOPY - *SuPrep* INSTRUCTIONS

DURING THE WEEK BEFORE YOUR SCHEDULED EXAM:

- **Avoid** excessive ingestion of food with seeds or poorly digested foods such as corn, greens and/or nuts.
- If you take iron, vitamin E or aspirin, discontinue these supplements ONE WEEK before the exam, if possible.
- Purchase the prep at the pharmacy with the prescription provided.
- Please do not hesitate to contact us for more specific questions regarding your medications.

ON THE DAY BEFORE EXAM: NO SOLID FOODS: YOU MAY HAVE CLEAR LIQUIDS ONLY. FOR EXAMPLE:

Water, Tea or Coffee (NO MILK/CREAM)
Clear Broth or Bouillon
Gatorade or *10K* (Lemon/Lime/Lemonade)

Apple Juice, *Sprite* - *7-Up* - Ginger Ale
Jell-O (Lemon or Lime)-avoid red/orange-colored *Jell-O*
Crystal Light Nutrasweet Mix (Lemon/Lime/Lemonade)

- **Part One: begin on _____ at _____ PM**
Mix contents of one *SuPrep* bottle and fill to the line on the included disposable container with cool water to the top "fill" line until dissolved. Drink this down in one sitting. During the next hour, drink TWO additional 16 ounces of any clear liquid of your choice (no red or purple) to ensure adequate hydration and successful prep.
- **Part Two: begin on _____ at _____ AM PM**
Mix contents of one *SuPrep* bottle and fill to the line on the included disposable container with cool water to the top "fill" line until dissolved. Drink this down in one sitting. During the next hour, drink TWO additional 16 ounces of any clear liquid of your choice (no red or purple) to ensure adequate hydration and successful prep.

NOTHING TO EAT OR DRINK AFTER 12 PM MIDNIGHT!

HINT: you may add some lemon juice to "cut" the medicine-like taste. When taken correctly, bowel movements usually commence about an hour (approximate) after the first glass of mixture. Movements will generally continue for approximately one or two hours after entire mixture has been finished. The final "stool" output should appear as a thin, watery yellow or clear fluid, usually by the morning of the exam.

- **IMPORTANT:** If you experience nausea while taking the prep, pause from drinking more until this nauseated feeling eases off, otherwise you may experience vomiting. If you cannot complete the entire preparation, it is possible that your bowel may not be adequately cleansed. This might cause the exam to be more difficult, longer duration and possibly inadequate, which might require repeating the process on another occasion. If you have not experienced any response to the prep after 3 hours, **please call** the office number and the doctor on call will discuss alternate options.

DAY OF PROCEDURE:

PLEASE! ARRIVE 45 MINUTES PRIOR TO YOUR SCHEDULED TIME! If you regularly take heart or blood pressure medicines, you **SHOULD** take these medications in the morning of your examination; you may take them with a small amount of water when you awaken. If you are a diabetic, or if you take blood-thinner medication, such as Coumadin, please contact our office for special instructions.

IMPORTANT: You will need someone to drive you home after the procedure.

If you need to cancel or reschedule your procedure, please call the office during office hours at least 24 hours prior to your procedure. ***ALL cancellations less than 24 hours notice or missed appointments will be charged \$250.*** If you have any other questions or problems with the preparation, please call **404-255-1000**. If you need to call after office hours, the paging operator will reach the physician on-call.

Thank you.