

Digestive Diseases Specialists
COLONOSCOPY PM PREP – SUPREP PM

Your procedure is scheduled for _____

Check in time is _____ at Pueblo Endoscopy Suites, Ste. 420 (please use waiting room door)

NOTE: Due to you receiving sedation **you cannot drive**, have alcohol, or sign legal documents for 24 hours. **YOU WILL BE REQUIRED TO HAVE A FAMILY MEMBER OR FRIEND, 18 YEARS OLD OR OLDER, DRIVE YOU HOME.** YOUR DRIVER MAY NEED TO STAY THE DURATION OF YOUR PROCEDURE AND REMAIN WITH YOU FOR 24 HOURS AFTER. You may continue to take Aspirin, Ibuprofen, Plavix, Pradaxa, and Tylenol. **If you're taking Coumadin, Warfarin, Eliquis or Xeralto please contact our office ASAP at 719-543-3500.**

Pick up SUPREP bowel prep kit at your pharmacy. SUPREP Bowel prep Kit is a split dose (2-bottle) regimen. Both 6-ounce bottles are required for a complete prep.

**Note: you will need to follow the SUPREP instructions on this form and NOT what is on the kit

PLEASE FOLLOW THE INSTRUCTIONS BELOW COMPLETELY

TRY A LOW FIBER DIET THREE DAYS PRIOR (see back)

THE DAY BEFORE YOUR COLONOSCOPY,
YOU MAY EAT A LIGHT BREAKFAST AND A LIGHT SNACK.

BEGIN A CLEAR LIQUID DIET AT NOON.

AVOID ALCOHOL, DAIRY AND ANYTHING RED, ORANGE, AND PURPLE

***Clear liquids consist of beef or chicken broths, clear juices or soda, coffee (without creamer), tea, Jell-O, popsicles, Propel Fitness Water, Gatorade, and of course water. Sugar-free liquids if you are diabetic.

Taking Your Prep:

- ❖ **7 p.m.:** Pour ONE 6-ounce bottle of SUPREP liquid into the mixing container (one will be provided in the kit). Add cool drinking water to the 16-ounce line on the container and mix. Drink ALL the liquid in the container within 2 hours, you may take breaks if needed. After the mix is completed, you **MUST drink two more 16-ounce** containers of water over the next 1 hour.
- ❖ **5 a.m.:** repeat previous steps with the second bottle.

Diarrhea usually begins within an hour or two, but may vary. You may want to stay close to a bathroom once you start the prep. Bloating and/or cramping is expected at the beginning, but should improve once the diarrhea begins. If you experience any nausea and/or vomiting try walking around, this alone usually helps. However, if the symptoms persist please contact Dr. Vahil at 719-546-2500. For chaffing you may use non-alcohol wipes to cleanse after each bowel movement. Barrier creams, such as A and D ointment may also be used.

DAY OF PROCEDURE:

Do not take any insulin or diabetic medications the day of your procedure. Further directions can be found on the back of this form. You should take your blood pressure and seizure medications FOUR HOURS prior to your procedure. If you use oxygen or an inhaler please bring it with you to the procedure.

NO COFFEE OR TEA AFTER MIDNIGHT.

YOU MAY HAVE CLEAR LIQUIDS UP UNTIL 4 HOURS BEFORE YOUR PROCEDURE.

NOTHING BY MOUTH AFTER THAT. **(NO GUM, NO MINTS, NO WATER)**

ANY QUESTIONS OR CONCERNS PLEASE CALL 719-543-3500

LOW FIBER DIET 3 DAYS BEFORE COLONOSCOPY (Recommended)

FOODS TO AVOID

Whole wheat bread, brown or wild rice, cornbread, potatoes, raw or steamed vegetables, raw or dried fruit, all berries, tofu, pickles, olives, popcorn, and anything that contains nuts and/or seeds.

Diabetic Instructions

If your diabetes is unstable, please contact your prescribing physician for instructions in adjusting your insulin or other diabetic medications prior to your procedure. Stable diabetic patients, please follow these instructions:

1. The day before your procedure, do not take any oral diabetic medications.
2. The day before your procedure, take half your Lantus dose; do not use other insulin products.
3. If you use an insulin pump, continue your basal rate; no bolus.
4. Check your blood glucose levels regularly the day before the procedure and call for concerns.
5. Check your blood glucose the morning of the procedure and please report to the admitting nurse, call for concerns.
6. The day of the exam, do not take any insulin or oral diabetic medications.
7. Resume your normal medications when exam is complete and you are eating well.