

SUPREP

*** Follow the instructions on this paper, do NOT follow the instructions on the SuPrep Box***

7 DAYS PRIOR	3 DAYS PRIOR	ONE DAY PRIOR	THE DAY OF PROCEDURE
<p>Supplies</p> <ul style="list-style-type: none"> SUPREP Bowel prep prescription and Ondansetron (Zofran) prescription will be sent to: Gifthealth Pharmacy: (833) 614-4438 Purchase Gas-X (Simethicone) tablets at your local pharmacy. The pink cherry flavor tablets are approved for use during prep.  <p>If you take medication to thin your blood such as:</p> <ul style="list-style-type: none"> Coumadin (Warfarin) Plavix (Clopidogrel) Xarelto (Rivaroxaban) Pradaxa (Dabigatran) Eliquis (Apixaban) Aggrenox (Aspirin/Dipyridamole) <p>Please ask the doctor who prescribes it for instructions on stopping it prior to the procedure.</p> <ul style="list-style-type: none"> Aspirin may be continued <p>STOP all fiber supplements or medications containing iron 7 days before your appointment. This Includes.</p> <ul style="list-style-type: none"> Multivitamins Metamucil Citrucel Fibercon 	<p>STOP Consuming all high fiber foods/roughage.</p> <ul style="list-style-type: none"> NO Raw Vegetables NO Corn (Raw or Cooked) NO Whole Wheat or High Fiber Breads NO Nuts or Popcorn NO Bran or Bulking Agents <p>Confirm that you have a driver for the day of the procedure.</p> <p>A Taxi, Bus, Lyft or UBER are NOT allowed unless you are accompanied by a friend or family member. This is for your own safety.</p> <p>Review paperwork and sign the Multi-Authorization and Notice of Privacy Practices.</p> <p>PLEASE ARRANGE FOR A DRIVER FOR THE DAY OF THE PROCEDURE.</p>	<p>NO SOLID FOOD NO ALCOHOL CLEAR LIQUIDS ALL DAY</p> <p>AVOID ANYTHING RED OR PURPLE IN COLOR. NO MILK PRODUCTS OR NON-DAIRY CREAMER.</p> <p>(Please see attached list of approved clear liquids). Diabetics: Do not take oral medication DIABETA, GLUCOPHAGE, METFORMIN or JANUVIA.</p> <p>Take ½ your regular insulin dose.</p> <p>Step 1: At 3:00pm take 2 Ondansetron Tablets. Step 2: At 5:00pm the evening before your procedure, start drinking the first part of your SUPREP Bowel Prep</p> <ul style="list-style-type: none"> Empty 1 (6oz) bottle of the SUPREP liquid into the mixing container. Add cool water up to the 16oz line on the container and mix. Drink all the liquid in the container. If you become nauseated, please slow down, and take breaks while finishing the container. Take one (1) Gas-X Tablet <p>Step 3: When finished with the solution mix please drink 2 more 16oz containers of water.</p> <ul style="list-style-type: none"> You don't need to drink all the water at once, but it's important to finish over the next couple hours. <p>YOU MAY CONTINUE CLEAR LIQUIDS THROUGHOUT THE REST OF THE EVENING AND NIGHT.</p>	<p>NO SOLID FOOD NO ALCOHOL</p> <p>DIABETICS: DO NOT take oral medication. If you are insulin dependent DO NOT take your morning dose of insulin. You must check your blood sugar level before leaving home.</p> <p>**If your level is above 300, please take your regular insulin dose according to your sliding scale. Please bring insulin to the procedure center.</p> <p>You may take your morning meds with a sip of water (EXCLUDING Oral Diabetic meds unless instructed by your doctor.)</p> <hr/> <p>You will repeat STEP 2 for the second part of your SUPREP Bowel Prep starting at _____ (5 hours before your scheduled procedure time) drink the second part of your SUPREP.</p> <p>After completing, take two (2) Gas X tablets.</p> <p>You may continue clear liquids until 2 HOURS prior to your procedure.</p> <p>STOP ALL LIQUIDS 2 HOURS PRIOR TO PROCEDURE.</p> <p>** Failing to do so may result in the cancellation of your procedure. **</p> <p>NO gum, mints, hard candy, or tobacco products in these 2 hours.</p> <p>If you are unsure of your colon cleansing instructions, please call:</p> <p>Akron Digestive Disease Consultants: 330-869-0124</p> <p><i>The Gastroenterology Group</i> 330-869-0954</p>

A Colonoscopy has been recommended to you. This examination involves guiding a tubular, flexible instrument through the rectum and into the entire colon. Preparation for the procedure is **IMPORTANT**. It does cause diarrhea and possibly abdominal cramping.

Colon Cleansing Tips

- :> You may use over the counter hydrocortisone creams, tucks pads or baby wipes as necessary for skin irritation. Be sure to get alcohol free!
- :> Chill the solution in refrigerator or by placing in a bowl of ice. **DO NOT** add ice to the solution.
- :> Stay near the toilet! You will have diarrhea, which can be quite sudden...this is normal!
- :> If you experience nausea or vomiting, rinse your mouth with water and take a break ☺
Wait 45 minutes and then resume drinking the prep. If necessary, slow down, let your stomach settle between glasses.
- :> It is common to experience abdominal discomfort until the stool has flushed from your colon.
- :> Some find it easier to drink through a straw.
- :> Eventually your stools will be liquid, and clear enough to see the bottom of the toilet.
- :> If you feel for any reason your prep is not working, please be sure to call us so we can assist you in completing the prep process.
- :> **EVEN AFTER STOOLS BECOME CLEAR YELLOW LIQUID-YOU MUST DRINK ALL OF THE PREP!**

CLEAR LIQUIDS - **No RED or PURPLE**

Must be something you can see through...



- Gatorade or PowerAde
- Clear broth or bouillon - chicken or beef
- Coffee or Tea (*no milk or non-dairy creamer*)
- Carbonated and Non-Carbonated Soft Drinks
- Kool-Aid or Crystal Light
- Strained Fruit Juices (*no pulp*)
- Jell-O, Popsicles, or Italian Ice

DON'T FORGET - these foods are **NOT ALLOWED!**



- Milk or milkshakes
- Cream or non-dairy creamer
- Orange, Grapefruit or Tomato Juice
- Creamed Soups or any soup other than broth
- Oatmeal
- Cream of Wheat

THINGS TO BRING WITH YOU!

A RESPONSIBLE DRIVER
YOUR INSURANCE CARDS
A PHOTO ID
SIGNED PAPERWORK FOR FACILITY