

CENTER FOR GASTROINTESTINAL DISORDERS, Inc.

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Colonoscopy Preparation Instructions for SUPREP®

Please read carefully

You are scheduled to have a colonoscopy on _____ at _____.
Please report to the above facility **registration department** at _____.

Colonoscopy is a procedure to examine colon (large intestine) with a flexible instrument. This test is the best available to examine the colon but it is not perfect, and it can miss a significant growth. Please follow these instructions to prepare for the procedure. **Please be aware that if your bowel is not clean, we may have to reschedule your procedure.**

How do I prepare for the colonoscopy?

7 days before the colonoscopy	DO NOT take ASPIRIN, PLAVIX, AGGRENOX, IRON, or TICLID
5 days before the colonoscopy	DO NOT take COUMADIN or similar medications . Please inform us if you have an artificial heart valve or history of endocarditis
3 days before the colonoscopy	DO NOT take MOTRIN, ADVIL, IBUPROFEN, ALEVE, NAPROXEN, DICLOFENAC, or CELEBREX. Diabetic patients' insulin or oral medications to be adjusted as per instructions.
The day BEFORE the examination	All day, take only CLEAR LIQUIDS, e.g. clear broth, water, tea, black coffee, apple juice, white grape juice, any soda, ice popsicles, strained lemonade, Gatorade, "Jell-O". No solid food, milk, milk products, or Ensure. At Approximately 4-5 PM on the evening before procedure complete step 1 through 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. Step 3: Drink ALL the liquid in the container. Step 4: you MUST drink two (2) more 16-ounce containers of water over the next 1 hour.
Midnight	Do not eat or drink after midnight EXCEPT the second part of bowel preparation as described below.
Morning of Colonoscopy	<u>Five (5) hours</u> before your colonoscopy: repeat steps 1 through 4 using the other 6-ounce bottle. DO NOT drink anymore once you are done with the preparation (4 hours before procedure). Do not chew gums or have hard candy after this time.
The day of examination	You may take your medications especially blood pressure and heart medicines with small sip of water. You MUST have somebody drive you home because you will be sedated or your procedure will be cancelled. You cannot go home by Taxi. Do not drive or operate any machines the day of the procedure.

What happens during the procedure?

- An anesthesiologist, nurse, or your doctor will give you medicine to sedate you.
- Your doctor will put air into the colon and this may feel like "gas pain".
- Your doctor may take a biopsy or remove a polyp. This does not cause pain.

What happens after the procedure?

You will be taken to a "Recovery" room where you will remain until you are awake. If you need to cancel, please call our office at least 3 days before the procedure. Charge for cancellation of a scheduled procedure if not cancelled 3 days prior to procedure is at least \$200. We understand that emergency situations are out of your control. Please contact us if you have any questions about the procedure or the preparation. Please read some more information for the above medication on the back of this page.

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SUPREP contains sodium sulfate, potassium sulfate and magnesium sulfate

Note: Please refer to the package insert for your medication. The following should be considered:

Contraindications: Gastrointestinal obstruction, bowel perforation, gastric retention, ileus, toxic colitis or toxic megacolon, known allergies to the components of the kit.

Warnings and Precautions:

- Serious fluid and electrolytes abnormalities
- Cardiac arrhythmias
- Seizures
- Renal impairment
- Colonic mucosal ulcerations and ischemic colitis
- Aspiration
- Not for direct ingestion

Pregnancy: Use in pregnancy (Category C). Animal reproductive studies have not been conducted. SUPREP bowel kit prep should be given to pregnant women ONLY if clearly indicated.

Breast-feeding: It is not known whether SUPREP passes into breast milk.

Older adults: Geriatric patients reported more vomiting when SUPREP bowel prep kit was given as a one-day preparation.

Other Medicines: Although certain medicines should not be used together at all, in other cases two different medicines may be used together even if an interaction might occur. In these cases, your doctor may want to change the dose, or other precautions may be necessary. Tell your health care professional if you are taking any of the following:

- Any other oral medicines—Any medicines taken within 1 hour of the PEG-electrolyte solution may be flushed from the body and not have an effect

Side effects of this Medicine: Along with its needed effects, a medicine may cause some unwanted effects. Side effects are included but not limited to abdominal or stomach cramps, bloating, nausea, irritation of the anus, vomiting, skin rash, or electrolyte imbalance.

Remarks: _____