

## EARLY MORNING Colonoscopy Preparation — Suprep

Name \_\_\_\_\_

Colonoscopy \_\_\_\_\_

Arrival Time at Endoscopy Center \_\_\_\_\_ AM / PM

Procedure Time \_\_\_\_\_<sup>DAY</sup> \_\_\_\_\_<sup>DATE</sup> AM / PM

### PRIOR TO PREPARATION:

- ✓ Medication Adjustments \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- ✓ Do not take Aspirin, Ibuprofen, Advil, Aleve, Motrin, Excedrin and/or arthritis medications \_\_\_\_\_ day(s) before your study as these can thin your blood. You may take Tylenol. Other medication instructions may be given when we call you 1-3 days prior to your procedure.
- ✓ **Arrange for a driver. Your driver must stay in the waiting room the entire time.** This is a Department of Health guideline. You will not be able to drive for 12 hours after your procedure.
- ✓ Please notify us of any medication or insurance changes as soon as possible.
- ✓ **We require a 4 day notice to cancel or reschedule procedures. Failure to give this notice may result in a cancellation fee. Please call 263-0629 as soon as possible to make any scheduling changes**
- ✓ If you have any other questions regarding your procedure or preparation, please call (717) 217-4312.

### WHAT TO PURCHASE:

- ✓ Purchase one (1) Suprep laxative bowel kit at the pharmacy. You will need a prescription.

### DAY BEFORE PROCEDURE DIET:

**Beginning on the morning of \_\_\_\_\_ your diet will consist of clear liquids only.** Red or Orange colored items are not permitted during your preparation. Cranberry juice is OK if it is naturally colored red. Continue your clear liquid diet until 3 hours prior to your arrival. Make sure you are drinking at least 6-8 oz of clear fluids every waking hour up to the 3 hour cut off time.

### EXAMPLES OF CLEAR LIQUIDS INCLUDE:

- Coffee or Tea (no creamer)
- Soda (Sprite, Coke, etc...)
- Fruit juices
- Broth, bouillon or consommé
- Jell-O (no fruit in it)
- Crystal Light
- Athletic drinks (Gatorade, Propel)
- Water
- Freeze Pops

### DAY BEFORE PROCEDURE PREPARATION:

#### **7:00 AM — MIX FIRST DOSE OF SOLUTION**

- Empty (1) one 6 oz bottle of Suprep liquid into the disposable mixing container.
- Add cool drinking water to the 16-oz line on the container and mix well.

#### **8:00 AM — DRINK THE FIRST DOSE OF SOLUTION**

- After mixing the solution, proceed to drink all of the solution in the container until the container is empty.
- Over the next hour, drink 32-oz of clear liquids to ensure adequate hydration and an effective prep.

#### **5:00 PM — MIX SECOND DOSE OF SOLUTION**

- Empty (1) one 6 oz bottle of Suprep liquid into the disposable mixing container.
- Add cool drinking water to the 16-oz line on the container and mix well.

#### **6:00 PM — DRINK THE SECOND DOSE OF SOLUTION**

- After mixing the solution, proceed to drink all of the solution in the container until the container is empty.
- Over the next hour, drink 32-oz of clear liquids to ensure adequate hydration and an effective prep.

### MORNING OF PROCEDURE:

Make sure to take your medications unless otherwise instructed. If possible take the medications prior to your 3 hour cut off time. If this is not possible take medications with the smallest amount of water needed to get them down. We do not want you to stop any medications we didn't tell you to stop, such as blood pressure and/or heart medications.

## **ABSOLUTELY NOTHING BY MOUTH 3 HOURS BEFORE YOUR ARRIVAL**

THIS INCLUDES GUM, CANDIES, AND WATER

\_\_\_\_\_  
Patient's Signature

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Date