

SuPrep Instructions

FOUR DAYS BEFORE THE PROCEDURE:

- Stop taking anti-inflammatory medicines such as Aleve, Motrin, Advil, Ibuprofen and Naprosyn.

FOUR DAYS BEFORE THE PROCEDURE:

- Avoid eating nuts, seeds, popcorn, grapes, green peas, beans, corn and tomatoes. Fibers from these foods can clog the colonoscope.

ON THE DAY BEFORE THE PROCEDURE:

- You will need to go on a clear liquid diet. The instructions on the medication box from the pharmacy may instruct a light breakfast the day before the procedure BUT this is not recommended by our surgeons. Avoid juices with pulp such as orange or grapefruit juice. No dairy products, cream or soy.
- Examples of clear liquids include:
 - Water (plain, carbonated or flavored)
 - Fruit juices without pulp, such as apple or white grape juice (not red or purple)
 - Fruit flavored beverages, such as lemonade
 - Carbonated drinks, including dark sodas (cola and root beer)
 - Tea or coffee without milk or cream
 - Sports drinks (not red or purple)
 - Clear, fat-free broth
 - Honey or sugar
- It is important to stay hydrate the day before your procedure. It is encouraged to drink a glass (8oz) of clear liquids every hour.

Take 2 Dulcolax tablets at 8am and 2 Dulcolax tablets at noon the day before your procedure.

The SUPREP Bowel Prep Kit contains two 6-ounce bottles of liquid bowel prep and one 16 ounce mixing container. You must complete the entire prep to ensure the most effective cleansing.

PART 1: AT 5 PM THE DAY BEFORE THE PROCEDURE

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 clear liquid of your choice over the next 1 hour

PART 2: BEGINNING MORNING OF PROCEDURE

- If your colonoscopy is at 11am or earlier:
 - Beginning at 5am on the day of the exam, repeat steps 1 through 4.
- If your colonoscopy is after 11am:
 - Beginning at 6am on the day of the exam, repeat steps 1 through 4.

DO NOT drink anything 2 hours prior to your appointment, this includes no candy, gum, ice chips or tobacco.

GENERAL INFORMATION:

- The day before your procedure a member of the OR team will call you to review your medical history, pre-op instructions and to direct you what time you will need to arrive at SPH the day of your procedure
 - *Please note we are unable to provide specific surgical time slots prior to the day before*
- If you are taking any blood thinners, please be sure to talk to your doctor
- Please do not plan on working, driving or making any critical decisions the rest of the day after your procedure due to sedation given
- **You must arrange for a ride home from the hospital by a responsible adult. You may not use a taxi service**
- Please note, if biopsies are taken during your procedure, results will be available approximately 1-2 weeks after your procedure. You will be contacted by our office with those results.
- If you have questions or concerns please call:

South Peninsula Hospital General Surgery Clinic at (907)235-3225

or

South Peninsula Hospital Surgery Department at (907) 235-0260

FREQUENTLY ASKED QUESTIONS:

- **Why Is It Important To Get Cleaned Inside?** Your doctor must be able to see in order to complete the colonoscopy exam. If your colon has too much stool on the inside, your doctor may not be able to see important things like polyps or cancer.
- **Is My Prep Working?** The bowel movement coming out should look like fluids you are drinking – yellow, light, liquid, and clear (like urine) without many particles.
- **What are the effects of the “bowel prep?”** You will have lots of diarrhea from the bowel prep. This will start anywhere from a few minutes to 3 hours after you start your prep. You may have bloating, abdominal discomfort, and/or nausea. This can be uncomfortable. Some people do not like the taste or smell of the medicine. Please do not let these get in the way of you finishing the medicine as directed.