

# Two-Day SUPREP® Instructions

**Your Exam is Scheduled for** \_\_\_\_\_ **Time of Arrival** \_\_\_\_\_

If you have questions about your appointment, please contact the Perioperative Nurse Educator at 715-483-0442, Monday through Friday between 8:30 AM and 4:00 PM. Please contact the Nursing Supervisor at 800-828-3627 if you have questions or need to cancel outside of those hours.

If a provider advises you take aspirin for a heart condition, **DO NOT** stop taking it.

Withholding anticoagulation medication can be dangerous, so always check with your provider before stopping these medicines.

## Before the Exam

- If you take insulin or a diabetes pill, contact your primary care provider for medicine and dietary instructions.
- Tell the nurse if you are pregnant, allergic to any medicines, or allergic to latex.
- Alert staff if you have heart and/or lung problems and if you have bleeding problems after surgery or dental work.
- Arrange for someone to drive you home after the exam. You will have a medication that makes you sleepy and you will not be able to drive or walk home. ***If you do not have someone to drive you home, your test will be canceled.***

## Five (5) to Seven (7) Days Before the Exam

- Pick up your SUPREP®.

## One (1) Week Before the Exam

- Begin the Low Fiber Diet (*see attached*).

## Two (2) Days Before the Exam

- **Begin the Clear Liquid Diet** (*see attached*). **No solid food until your procedure is complete.** Drink at least eight (8) glasses of water each day to prevent dehydration.
- **6:00 PM:** Mix seven (7) capfuls (110 grams) of MiraLAX® with 32 ounces of Gatorade®.

## The Day Before the Exam

- Continue the Clear Liquid Diet.
- **Between 5:00 PM and 6:00 PM:** Pour a single, six (6)-ounce bottle of SUPREP® liquid into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. **Drink all the liquid in the container.**
- Over the next one (1) hour, you must drink two (2) more of the 16-ounce containers of water.

**Information Continued on Other Side**

### The Day of Your Colonoscopy

- *You may have to get up early.*
- **Five (5) hours before you need to leave for your colonoscopy:** Repeat the same steps from the night before. Pour a single, six (6)-ounce bottle of SUPREP® liquid into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. **Drink all the liquid in the container.**
- Over the next one (1) hour, you must drink two (2) more of the 16-ounce containers of water.
- Four (4) hours before your scheduled arrival time **STOP** everything by mouth (*no liquids, smoking, or chewing gum*).
- **Your stop time is:** \_\_\_\_\_
- Take any regular medicine with a small sip of water unless otherwise instructed by your doctor.
- Because of the medication you will receive during the procedure, **someone must accompany you home.** For the remainder of the day, you will be required to rest at home and not operate a vehicle.
- When you arrive for your exam, check in with the Same Day Surgery Center located through the main hospital entrance. Be sure to bring your insurance card and photo ID.

### During Your Colonoscopy

- You will be asked to lie on your left side with your knees drawn up. Your doctor will insert a scope through the rectum and pass it into your colon. The doctor will use a small amount of air to expand the colon to see the colon walls.

### After the Exam

- The nursing staff will monitor you for about 60 minutes.
- Your doctor will talk with you about the results of the exam before you leave. You may not remember what your doctor tells you; your doctor may also talk to your family.
- Your nurse may also discuss your results and assist you if other appointments are needed.
- You may resume your normal diet and medicines.
- Upon discharge, your driver can take you home.

### Colon Cleansing Tips

- Stay near a toilet. You will have diarrhea. This is normal.
- Drinking the solution through a straw can make it easier to tolerate.
- You may experience **abdominal cramps** and **lightheadedness**. If this happens, lie down, elevate your feet, place a cold washcloth on your head, and drink water.
- Rarely, people may experience nausea/vomiting. If this happens, take a 30 minute break from drinking the prep, brush your teeth or rinse your mouth out, then continue taking the prep.
- Use baby wipes (moist wipes) to prevent irritation of the rectum.