

**DIRECT ACCESS COLONOSCOPY
SUPREP® PREPARATION INSTRUCTIONS**

PROCEDURE DATE: _____ Check-In Time: _____ Physician: _____

NOTICE: Please wear loose, comfortable clothes. Do not wear tights or nylons. Support persons are welcome in the pre-op and recovery areas. They are welcome to remain in the waiting room during your procedure. We encourage a support person be present during the discharge consultation at the time of discharge.

7 Days before your procedure	2 Days before your procedure	The Day before your procedure	Procedure Day
<ul style="list-style-type: none"> • CALL YOUR PRESCRIBING PHYSICIAN WELL IN ADVANCE IF: you are taking: Coumadin, Warfarin, Plavix, Ticlid, Persantine, Aggrenox, and/or Lovenox. Discontinue at least 5 days prior to your procedure. • SEVEN DAYS PRIOR TO YOUR PROCEDURE AVOID: Aspirin, Advil (Ibuprofen), Nuprin, Aleve (Naproxen Sodium), Tylenol (Acetaminophen) is acceptable. • Arrange your ride. You will not be permitted to drive yourself home. No public transportation unless accompanied by a responsible adult. • Stop taking Iron and vitamins with Iron. Avoid: Fish Oil, Vitamin E, Ginger, and Garlic. • Purchase SUPREP® BOWEL PREP KIT (sodium sulfate, potassium sulfate and magnesium sulfate Oral Solution) with a prescription. <p>If you need to cancel or reschedule your procedure, call us today to avoid a no-show fee.</p>	<ul style="list-style-type: none"> • Stop eating fruits, vegetables, nuts, popcorn, seeds (poppy, sesame, etc.), and any food containing Olestra fat substitute (brand name Olean). • Discontinue fiber supplements such as Metamucil, Citrucel, Benefiber, etc. You may eat fiber-containing foods. • IF you tend to be constipated, or sometimes need laxative, take 2 tablespoons of Milk of Magnesia@ 8pm. • Confirm your ride home. Remember, you will not be permitted to drive yourself home. No public transportation unless accompanied by a responsible adult. 	<ul style="list-style-type: none"> • You may have a “Light Breakfast” no later than 8am (i.e. one egg, toast, or a can of Ensure®, coffee with creamer is okay with breakfast), then begin a clear liquid diet. • See attached diet sheet for acceptable food and beverages. (No solid food today after breakfast). • Increase fluid intake to prevent dehydration. Drink enough to keep urine clear, not yellow. • Beginning @ 6pm the evening before your procedure: • Pour ONE (1) 6-ounce bottle of SUPREP® liquid into the mixing container. • Add cool drinking water to the 16oz line on the container and mix. • Drink ALL of the liquid in the container. • You MUST drink TWO (2) more 16oz containers of water over the next 1 hour. • See Colonoscopy hints and reminders (enclosed). <p>** - If you have any questions regarding the procedure or the instructions, please contact our office at 503-216-9500</p>	<ul style="list-style-type: none"> • Beginning FIVE (5) HOURS before your procedure arrival time on the morning of the procedure: • Pour the second 6oz bottle of SUPREP® liquid into the mixing container. • Add cool drinking water to the 16oz line on the container and mix. • Drink ALL of the liquid in the container. • You MUST drink TWO (2) more 16oz containers of water over the next 1 hour. <p>NOTE: You must finish drinking the final glass of water at least 3 hours prior to your arrival time.</p> <p>** YOU CAN HAVE NOTHING TO EAT OR DRINK BY MOUTH AFTER THE FINAL GLASS OF WATER</p> <ul style="list-style-type: none"> • If you normally take daily medications during this time, you may take them with a small sip of water unless otherwise instructed. • You may not drive until the morning after your procedure.