



1026 E. 2nd St. Casper, WY 82601
 Phone: 307-333-0002
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INSTRUCTIONS FOR SUPREP BOWEL PREP

Date of procedure _____ Name of Patient _____

___ Casper Surgical Center	___ Summit Medical Center	___ Wyoming Medical Center
1201 East 3 rd St	6350 E 2 nd St	1233 E 2 nd St
PH: (307) 577-2950	PH: (307) 232-6600	PH: (307) 577 -7201

THE DAY BEFORE YOUR PROCEDURE ******NO SOLID FOODS******

YOU MAY DRINK CLEAR LIQUIDS ONLY that you can see through / IT IS ENCOURAGED TO REPLENISH YOUR ELECTROLYTE LOSS WITH GATORADE/POWERADE/PEDILYTE (AVOID RED, PURPLE OR BLUE)

NOT ALLOWED:	ALLOWED CLEAR LIQUIDS TO DRINK:
<ul style="list-style-type: none"> • Solid Food • Alcohol • Milk/Milk Products • Orange juice 	<p>We encourage you to drink plenty of the following:</p> <ul style="list-style-type: none"> • Clear fruit juices WITHOUT pulp: apple, white cranberry, white grape, lemonade (sweeteners are permitted). Crystal Light • Water, Tea, Black Coffee, clear broth and bouillon (any flavor) • Carbonated soft drinks-regular or diet (Sprite, Ginger Ale, 7-Up, Coke, Pepsi) • Gatorade, Kool-Aid, Jell-O, or other fruit flavored drinks (avoid red, purple, or blue food color) • Ice Popsicles (avoid red, purple, or blue food color), Italian Ice

THE EVENING BEFORE YOUR PROCEDURE

****NO SOLID FOOD**** It is important to drink plenty of these clear liquids throughout the day to stay well-hydrated.

- **If you are diabetic and on Insulin:** take only ½ of your evening dose and **do not** take the morning dose the day of your procedure.
- **If you are diabetic and on Oral Medications:** **Do not** take diabetic medications the evening before or the morning of your procedure.

Please DISREGARD prep instructions included in your prep kit and proceed as follows:

Between 4 and 6 pm: prepare the SUPREP solution by first pouring (1) 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.

Once finished, drink at least two more 16-ounce

You will have watery bowel movements within approximately one hour. You will continue to have watery bowel movements for approximately 1-2 hours after finishing the prep. Please be sure to drink all of the prep solution. **THIS IS VERY IMPORTANT!**

THE MORNING OF YOUR PROCEDURE

@ _____ 5 hours before your procedure time prepare the SUPREP solution as you did the previous evening. Drink all the liquid in the container. **Once finished, drink at least two more 16-ounce containers of water within an hour.** Chew Gas-X tablet

Take ALL medications as prescribed by your physician for: Cardiac, Respiratory, Anti-Seizure, Anti-Hypertensive (blood pressure), Anti-Anxiety, Gastrointestinal medications with a small sip of water.

@ _____ **NOTHING** by mouth **4 hours** before your procedure time, NO GUM or CANDY, NO SMOKING, NO WATER

Check in @ _____ for a procedure time of _____

Please note: Your check in time is subject to change per the request of the surgical center you are scheduled with.

BEFORE YOUR PROCEDURE CHECK MEDICATIONS

If you take any of the following medications, please consult your GI doctor or your primary care provider.

Your last dose will be on _____

Aggrenox Pradaxa Xarelto Coumadin Plavix Lovenox Effient Ticlid Jantoven Eliquis

Do NOT take any NSAIDS 7 days prior to your procedure. In addition, please STOP taking any of the following:

Advil Alka-Seltzer Ibuprofen Arthrotec Vitamin E Iron pills Mobic Multivitamins Motrin Aleve

Naproxen Fish Oil(Omega -3) Lodine Diclofenac Naprosyn Meloxicam Pepto-Bismol Excedrin Ginko Biloba Celebrex

****Aspirin 325mg**

You may take Tylenol or Acetaminophen for pain.

****If you are taking aspirin under the direction of a cardiologist to prevent a stroke or heart attack, then we will likely have you continue taking it.**

Transportation: You **MUST** make arrangements for someone to drive you home, if you will be receiving any type of anesthesia or sedation. This person must be with you at time of check-in. **If you do not have a ride, your procedure will be cancelled.** If you are responsible for young children, make arrangements for their care during your procedure and the remainder of the day.

COLONOSCOPY PATIENTS MUST STRICTLY FOLLOW THE GUIDELINES GIVEN ABOVE, NOT THE INSTRUCTIONS IN/OR ON THE BOX.

YOU MUST STOP EATING SOLID FOODS THE DAY BEFORE THE PROCEDURE.

YOU MUST STOP DRINKING CLEAR LIQUIDS 4 HOURS BEFORE YOUR PROCEDURE TIME.

IF YOU CONSUME SOLID FOOD OR DRINK ANY CLEAR LIQUIDS OUTSIDE OF THESE INSTRUCTIONS YOUR PROCEDURE WILL BE CANCELED FOR YOUR SAFETY.

IT IS EXTREMELY IMPORTANT THAT YOU FOLLOW THESE INSTRUCTIONS TO ENSURE A GOOD PREP.

A GOOD PREP IS THE ONLY WAY WE CAN PROVIDE YOU WITH A THOROUGH EXAMINATION