

Preparing for your Colonoscopy SUPREP

Procedure Date: _____ Please arrive at: _____

Procedure Location: Seaford Endoscopy Center 302-629-7177
TidalHealth Nanticoke 302-629-2229

Dr. Mackler
After Hours call 629-6611
Option 5
Ask for Dr. Mackler to be paged

You are scheduled for a colonoscopy to examine the inside of your large intestine. In order to achieve the maximum benefit of this examination, your intestine must be thoroughly cleansed of all stool. It is possible that your test will have to be repeated or rescheduled if the bowel is not thoroughly cleansed. Please follow all of these instructions carefully and call if you have any questions about your medications, diet or bowel preparation.

Important Medication Instructions

Please read your instructions on the bottom of the Patient Clinical Summary you were given at the office. It is very important to follow the medication instructions. Medications such as blood thinners, diabetic medication, vitamins, iron, herbal supplements, aspirin and non-steroidal anti-inflammatory drugs (like Advil and Aleve) can limit or cause complications during your Colonoscopy. Do not stop medications the day of your prep unless you were told to do so. The day of the Colonoscopy, take only the medications Dr. Mackler told you to take. If you have any questions, please contact Dr. Mackler at the number(s) above.

Drink your Bowel Preparation the day before your Colonoscopy

Before the day of your Prep: Please purchase the SUPREP Bowel Prep Kit. Also purchase a variety of items from the Clear Liquid Diet list you were given. SUPREP is taken as a split dose (2-day) regimen. Please follow the directions below carefully. **BOTH** 6-ounce bottles are needed for a complete prep.

The Morning of your Prep: _____ Have a clear liquid breakfast. Do Not Eat any solid foods the day of the prep. Drink and eat **ONLY** items that are on the Clear Liquid Diet list.

Time: _____ **On the evening before your Colonoscopy complete steps 1-4 using one (1) 6-ounce bottle.**

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. **NOTE:** Be sure to dilute SUPREP before you drink it.

Step 3: Drink **ALL** the liquid in the container.

Step 4: You must drink two (2) more 16-ounce containers of water over the next 1 hour.

Continue the Clear Liquid Diet for the rest of the evening until bedtime. At Midnight the night before your Colonoscopy, stop all clear liquids unless otherwise instructed.

At this point, your bowel movements should be as thin as water with no solids. They may be the color of whatever clear liquid you have been drinking. You may see a very small amount of mucus floating or sand-like sediment in the toilet.

Time: _____ **On the morning of your Colonoscopy, repeat steps 1-4 using the other 6-ounce bottle.**

Do not eat or drink anything else. **NOTE:** You must finish Step 4 (drinking the two (2) 16-ounce containers of water) at least 2 hours before your colonoscopy appointment.

Time: _____ If you were instructed to take medications the morning of your Colonoscopy, take them with only a sip of water 2 hours or more before your appointment. Do not chew gum or suck on candy. Please try to refrain from smoking.

If you are unable to complete the prep and/or your bowel movements are still solid or thick like a milkshake by the end of the prep, please contact Dr. Mackler at the number(s) above.