



# HIGHPOINT SURGICAL ASSOCIATES

HIGHPOINT HEALTH PARTNERS

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1<sup>st</sup> floor Patient Registration

## **SUPREP<sup>®</sup>** **BOWEL PREP KIT** (sodium sulfate, potassium sulfate and magnesium sulfate) Oral Solution

(17.5g/3.13g/1.6g) per 6 ounces

We have you scheduled for a colonoscopy on \_\_\_\_\_ . Arrive at \_\_\_\_\_  
am/pm.

### **YOUR PREP INSTRUCTIONS ARE AS FOLLOWS:**

1. Please stop anti-inflammatory arthritis medications **5 DAYS PRIOR**. Aspirin is ok to continue if you have a history of heart disease or heart stent. It is safe for you to take Tylenol. You can take your blood pressure medications with a small amount of water the day of the procedure.
2. If you are taking Coumadin, Warfarin or Plavix, you will be given specific instructions by our office.
3. The **DAY BEFORE** the procedure you may have a light breakfast or have clear liquids **ONLY** please have nothing for dinner. This includes black coffee, tea, soda, such as Pepsi (diet Pepsi), 7-UP, apple juice, white grape juice, lemonade, Gatorade, fruit Popsicles, Jell-O, broth, bouillon, **BUT NOTHING RED AND NO DAIRY PRODUCTS OF ANY KIND**. You may have up to 2 cans of standard Ensure before noon
4. **SUPREP Bowel Prep Kit** is taken as a split dose (2-day) regimen. You take the first 6-ounce bottle of SUPREP the evening before your colonoscopy and the second 6-ounce bottle of SUPREP the morning of your colonoscopy. It is important to drink the additional water as recommended in the Instructions for Use. Both 6-ounce bottles are required for a complete prep. Your doctor will tell you when it is time to begin to take each dose.
5. **On the evening before your procedure** (or when your doctor tells you to begin), complete steps 1 through 4 using one (1) 6-ounce bottle before going to bed **Begin Step 1 at \_\_\_\_\_ PM the evening before your procedure/surgery and proceed as shown.**
6. **On the morning of your procedure**, repeat steps 1 through 4 using the other 6-ounce bottle, **Begin Step 1 at \_\_\_\_\_ AM the morning of your procedure/surgery and proceed as shown.** Avoid taking any medications unless otherwise directed. If you have not given your doctor a list of your medications, please bring one with you. **Also DO NOT chew gum, hard candy, smoke, dip or chew tobacco products until after your procedure.**
7. You will be sedated for this procedure. You will **NEED SOMEONE TO DRIVE YOU HOME. NO MODE OF PUBLIC TRANSPORTATION WILL BE ALLOWED INCLUDING TAXIS, BUSES OR WALKING ALONE.** Please **HAVE YOUR DRIVER WITH YOU AT CHECK-IN** to verify your ride.

Sedation may cause temporary loss of memory. Be aware that you may not remember results given to you by your doctor following procedure.

- Please note that like surgery, procedures take varying amounts of time depending on their complexity. While we try to remain on schedule, occasional prolonged procedures may delay subsequent ones. We will try to keep you advised of any delays.

**\*Cancellations** require a **24 hour notice** or a **\$100 NO SHOW FEE** will be applied to your account\* Thank you for your understanding

## Split-Dose (2-Day) regimen



Pour **ONE** (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.

**NOTE:** Be sure to dilute SUPREP as shown at left before you drink it.



Drink **ALL** the liquid in the container.



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

**NOTE:** You **must** finish drinking the final glass of water at least 2 hours, or as directed, before your procedure.