

Colonoscopy with Suprep Bowel Prep

Procedure Date: _____ Follow up appointment: _____

The facility will call you with the time 2 business days prior to your procedure date

Location:

	FACILITY	ADDRESS	PHONE#
	ORANGE CITY SURGERY CENTER	975 Town Center Dr Orange City Fl	386-456-5247
	LAKE MARY SURGERY CENTER	460 ST Charles Court Lake Mary Fl	407-585-0263
	FHC PLANS SURGERY CENTER	2777 Enterprise Rd Orange City Fl	386-481-6282
	FL HOSPITAL FISH MEMORIAL	1055 Saxon Blvd Orange City Fl	386-917-5000

Preparation

Colonoscopy is an examination of the colon (large bowel) with a flexible tube about the thickness of your pinkie finger, which transmits a live color image onto a television screen. There are many things a person would rather do than undergo a bowel prep for a colonoscopy, but your efforts at cleansing your colon are essential for an accurate procedure.

One Week Prior to the Procedure

DO NOT take iron pills or medications that may cause bleeding. These medications may include: Plavix, Coumadin, & Aspirin. You MUST stop any anti-inflammatory type drugs including: Aspirin, Ibuprofen, Motrin, Advil, Naprosyn, Naproxen, & Diclofenac.

- **TYLENOL** is safe to use prior to this procedure.

One Day before the procedure:

Do Not Eat Any Solid Food The Entire Day Before The Procedure!

Have a clear liquid diet throughout the day. Avoid liquids that are red or purple in color such as red grape or cranberry juice. Avoid ALL dairy products and juices with pulp such as orange or grapefruit juice.

Soups: Clear broth

Sports drinks: Gatorade, Powerade, Propel

Juices: White cranberry, White grape, Apple

Beverages: Tea, Kool-aid, Water

Desserts: Italian ices, Popsicles, Jell-O

Commonly asked Questions:

How do I know if my prep is adequate?

The stool should be watery in consistency. It does not have to be clear in color like water since digestive juices will continue to tint the stool yellow and small flecks of debris are not a problem as long as the stool is not muddy or thick.

What side effects may I expect?

Since the prep works by flooding the intestinal tract with fluid, abdominal bloating and cramping may occur, as well as some nausea and vomiting. This is usually temporary, and as the diarrhea develops, symptoms will gradually improve. Weakness can also occur, especially if you have not taken enough fluid with the prep, and can be remedied by increasing fluid intake.

If your Procedure is before 10 AM:

One Day before Procedure:

At **5:00pm**, pour (1) 6 ounce bottle of SUPREP liquid into the mixing container. Add cold water to the 16 ounce line and drink all the liquid in the container

- Drink (2) more 16 ounce containers of water over the next 1 hour
- At **8:00pm**, repeat the regimen above, by drinking 6 more ounces of medication with 2 more 16 ounce containers of water.

If your Procedure is after 10 AM:

One Day before Procedure: At **6:00pm**, pour (1) 6 ounce bottle of SUPREP liquid into the mixing container. Add cold water to the 16 ounce line and drink all the liquid in the container/

- Drink (2) more 16 ounce containers of water over the next 1 hour

The Morning of the Procedure:

5 hours before your scheduled procedure time, repeat the prep instructions from the night before, by drinking 6 more ounces of medication and drinking water as directed above.

- You must finish drinking the final glass of water at least 2 hours before your procedure time

Day of Procedure:

- If you take medication, you may have it the morning of the procedure. You may brush your teeth.
- You must be accompanied by a friend or relative to drive you home. You **MAY NOT** drive; go home in a taxi or by bus.
- You may continue to drink clear liquids until 3 hours before the exam.

Remember, stay close to the bathroom facilities and warn family members that the room belongs to you!!!

Good Luck! This is the hardest part of the procedure.

Please allow a **5 business day notice** for any cancellation or there will be a **\$200 charge**.

Please visit us on the web at GreaterOrlandoGI.com !