



TAYLOR STATION

Surgical Center

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Colonoscopy Preparation Instructions

To help determine your medical treatment, you have been asked to undergo a procedure called a COLONOSCOPY, which is simply an examination of your LARGE INTESTINE.

The colonoscopy is performed using an instrument called a colonoscope or gastrointestinal fiberscope. The colonoscope is a flexible tube narrow enough to enter your rectum and large intestine. By looking at the interior of your lower GI tract, your physician may be able to diagnosis your illness and plan specific treatment.

The 24 hours before you colonoscopy, you should follow the bowel preparation directions for a colonoscopy to follow this information. This will clean your intestine so that the physician can do an adequate exam. Patients with Crohn's Disease or ulcerative colitis may have individualized preparation. The night before your colonoscopy, you are not to have anything to eat or drink after you drink the bowel preparation.

Before your procedure, intravenous fluids (IV) will be started. Immediately before your colonoscopy begins, you will be given a sedative medication through the IV to help you relax. While you are lying on your left side, your physician lubricates your rectum and performs a digital examination to help relax the muscles in this area. The colonoscope is then gently and slowly inserted and advanced through the large intestine.

Following the exam, you may feel drowsy and sleep for a short time. Your IV will be removed when you are able to eat and drink. A nurse will stop in frequently during the first hour to see how you are feeling. For the first 24 hours after the procedure, you may experience abdominal bloating, distention, and passing of gas or a small amount of bleeding if polyps were removed.

The colonoscopy is an important diagnostic test. Please do not hesitate to ask your physician or nurse if you have any additional questions or concerns.

PLEASE BE CERTAIN TO BRING SOME ONE WITH YOU AS YOU WILL NOT BE PERMITTED TO DRIVE YOURSELF HOME BECAUSE OF THE SEDATION. YOU WILL ALSO NOT BE PERMITTED TO SIGN ANY LEGAL DOCUMENTS OR RETURN TO WORK THE DAY OF THE PROCEDURE.

A CAB IS NOT PERMITTED TO TAKE YOU HOME; YOU MUST HAVE A FRIEND OR FAMILY MEMBER TAKE YOU HOME.

PLEASE STOP EATING CORN, BEETS, AND BEANS ONE WEEK BEFORE THE EXAMINATION.

How to Prepare for your Colonoscopy

On the day *before* your procedure...

You may have clear liquids ONLY; please have nothing for dinner.

DO NOT drink milk

DO NOT eat or drink anything colored red or purple

DO NOT drink alcoholic beverages

Any of the following liquids are OK to drink

- Water
- Strained fruit juices (without pulp) including apple, orange, white grape, or white cranberry
- Limeade or lemonade
- Crystal Light
- Coffee or tea. DO NOT use any dairy or non-dairy creamer
- Beef & Chicken broth
- Gelatin desserts without added fruit or toppings (NO RED OR PURPLE)
- Pepsi, Coke, Gingerale, & Sprite
- Popsicles (NO RED OR PURPLE)

NOTE: If you have any questions about a clear liquid diet please call TSSC at (614) 751-4466.

When to take SUPREP BOWEL PREP KIT

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.

How to take SUPREP BOWEL PREP KIT

On the evening before your procedure at 5:00 PM, complete steps 1 through 4 using one (1) 6-ounce bottle before going to bed

On the morning of your procedure at 6:00 AM, repeat steps 1 through 4 using the other 6-ounce bottle

Both 6-ounce bottles are required for a complete preparation.

IT IS IMPORTANT TO FOLLOW ALL THE STEPS BELOW COMPLETELY.

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 as shown at left 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.

NOTE: You **must** finish drinking the final glass of water at least 4 hours, before your procedure.

To learn more about this product, please call 1-800-874-6756 or visit the web site at www.suprep.com