



Dr. Arun Khazanchi

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SUPREP

Location: _____

PLEASE OBTAIN PRESCRIPTION FROM YOUR PHARMACY

1. If you take a blood thinner such as Plavix, Coumadin (Warfarin), Pradaxa, Xarelto, Eliquis, Effient, or Aspirin (325mg or higher) please discuss with your prescribing physician regarding stopping the medication for your procedure. **Do not discontinue this medication on your own without discussing it with your doctor.**

2. Please continue Aspirin 81mg, you do not need to discontinue this low dosage.

3 DAYS PRIOR TO PROCEDURE:

DO NOT take iron, multiple vitamins, fiber supplements prior to your procedure.

Avoid high fiber foods- such as popcorn, beans, seeds, multigrain breads, nuts, salad/vegetables, fresh and dried fruit.

DAY BEFORE PROCEDURE:

1. Before 9AM, you may have a light breakfast. This can include cereal, bread, and milk products, but cannot include fresh fruits, vegetables, salad or meats.
2. After 9AM, only clear liquids (**NO RED OR PURPLE DYE**) Clear liquids include:

Water	Clear juices (apple, white grape)	Italian ice/Popsicles
Bouillon (Beef or Chicken)	Tea (regular, decaf, herbal)	Jell-o
7-Up, ginger ale, seltzer	Black Coffee	Gatorade

3. DO NOT drink any alcoholic beverages as alcohol thins your blood.
4. At 6PM, pour one (1) 6-ounce bottle of SUPREP liquid into the cup this is provided. Add cool water to the 16-ounce line on the cup. You will then drink all the liquid in the cup.

5. You must drink two (2) more 16-ounce cups of water or clear liquid over the next one hour.
*** The prep is more easily tolerated if chilled and taken with a straw. Feelings of bloating, nausea, or chills are common after the first few glasses. This is temporary and will decrease once bowel movements begin. If the nausea gets worsens, then stop drinking the solution for 30 minutes, then resume drinking as before***
6. If you are a diabetic and use insulin, take ½ of your dose the day before while you are on the clear liquid diet. If you take the pills, continue as normal until the day of your colonoscopy. On the day of the colonoscopy DO NOT take your insulin or pills, but you can bring them with you to the appointment.

DAY OF PROCEDURE:

1. Wake up **6 HOURS** **priors to your procedure** (ex: if your procedure is at 8AM, you wake up 2AM) And repeat the instructions that you did prior. Pour one (1) 6-ounce bottle of SUPREP into the cup that is provided. Add cool water to the 16-ounce line of the cup. Drink all the liquid in the cup. You must drink two (2) more 16-ounce glasses of clear liquid over the next hour.
2. You should be entirely cleaned completed with the second half of the preparation 4 hours before your procedure. Clear liquids can be consumed only up to 4 hours prior to the procedure.
3. **IF YOU TAKE PILLS FOR YOUR HEART, SEIZURE MEDICATIONS OR PARKINSON'S MEDICATION, TAKE THEM AS USUAL BEFORE YOUR PROCEDURE.**

****NOTHING IS TO BE TAKEN BY MOUTH DURING THE 4 HOURS PRIOR TO YOUR ARRIVAL TIME OTHERWISE YOUR PROCEDURE WILL BE CANCELLED****

AFTER THE PROCEDURE:

****AT DISCHARGE YOU WILL NOT BE ALLOWED TO LEAVE THE FACILITY WITHOUR A RESPONSIBLE ADULT TO DRIVE YOU HOME****

- Dr. Khazanchi will speak with you about the initial results in recovery following the procedure and recommend the appropriate follow-up needed.
- You will need to make a follow-up visit to get the results of your procedure. Results not given over the phone unless advised otherwise.
- After the procedure you must not drive, work, make legal decisions, or do anything that could result in injury.

Follow up appointment Date/Time: _____