

PATIENT TO DO LIST

Shopping:

- You have been given a prescription for SUPREP to fill at your local pharmacy.
- Two dulcolax or biscodyl laxative tablets (not stool softener – over the counter)
- Two (2) 10-ounce bottle Magnesium Citrate (over the counter)
- Hard candy or peppermints to use if laxative causes nausea.

Labs:

Please have any ordered bloodwork drawn _____ days before your test.

_____ You were given a requisition for your bloodwork.

_____ You do not need bloodwork at this time.

NOTE: Female patients will be required to provide a urine specimen when you arrive to the hospital/facility.

POST-PROCEDURE CARE

Results & Follow Up

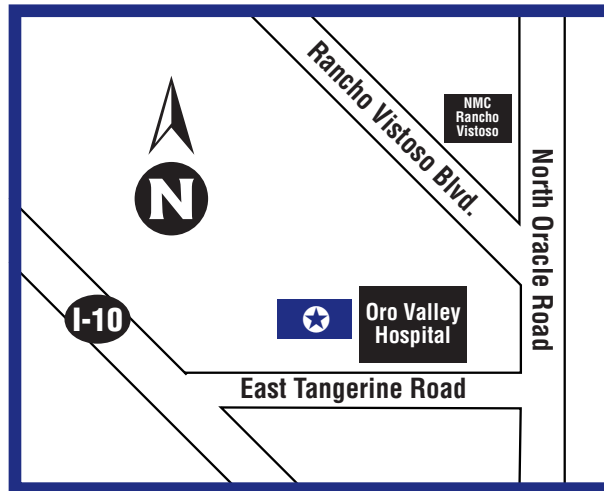
- Please go home and rest for the remainder of the day. Do not drive or work for the rest of the day.
- Your physician will discuss test results with you and your family member following the procedure.
- You will be given written instructions for diet, activity, and follow up instructions.
- If biopsies were taken, your instruction sheet will also provide information on how you will receive results.

Please call a minimum of three business days in advance if you need to cancel your appointment.



NORTHWEST ALLIED GASTROENTEROLOGY

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ORO VALLEY

** Map not to scale*



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Suprep Split Dose Preparation



Colonoscopy

The purpose of this procedure is to directly visualize the mucosal lining of the colon in order to inspect for disease. The primary risk of colonoscopy is perforation. Overall risk is remote. The administering physician will discuss the risks of sedation on the day of the procedure.

Immediately prior to the passage of the instrument you may be given intravenous medications such as Demerol, Versed, or Propofol. If you are allergic to any of these medications, latex or eggs, please be certain you have notified the scheduler.

Medications

Do not take the following medications **seven days prior** to your procedure: garlic supplements, ginko biloba, glucosamine, iron supplements or multi-vitamins containing iron. **For three days prior to the procedure avoid seeds, nuts and popcorn.**

→ **If you are taking blood thinners** (Plavix, Lovenox, Coumadin, Xarelto, Effient, Bilinta, Ticlid, Eliquis, Pradaxa, Heparin, or Fragmin) please be certain you have notified the scheduler.

EXAMINATION PREPARATION

Two Days Before Examination

1. Start clear liquid diet **at 5 p.m.**
2. Take two dulcolax tablets at 5 p.m.
3. At 7 p.m. drink one bottle of Magnesium Citrate.
4. Drink extra liquids, at least 16 oz., this evening.

Day Before Examination

1. Clear liquid diet for breakfast, lunch and dinner. **No solid foods.** Drink an extra 8 oz. of clear liquids every hour throughout the entire day.
2. **Diabetics:** Take half of your usual insulin dose. Do not take your diabetic pills today.
3. **At 6 p.m.** pour one (1) 6 oz. bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16 oz. line on the container and mix. Drink all of the liquid in the container. You must drink three (3) more 16 oz. containers of water over the 90 minutes.
4. If at 10 p.m. you still see particles in your bowel movement, or if you have had no bowel movement at all please drink one (1) 10 ounce bottle of Magnesium Citrate.

Day of Examination

1. **Six hours before the start of your test** pour one (1) 6-ounce bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16 oz. line on the container and mix. Drink all of the liquid in the container. You must drink two (2) more 16 oz. containers of water over the next hour, then **nothing by mouth to eat or drink.** No gum, mints, or Ensure. Drinking any further liquids will postpone or result in the cancellation of your procedure due to anesthesia.
2. **Diabetics:** Please check your blood sugar and take this information with you to the hospital/facility. **Do not** take your insulin or diabetic pills this morning. Bring all of your insulin with you to the procedure.
3. Please only take your heart, blood pressure, seizure, or respiratory medications at 6 a.m. with a small sip of water. You may use your inhalers.

Driving Instructions

- You must have an adult 18 years or older remain with you during the procedure and drive you home afterward. Your procedure will be cancelled if you fail to meet these requirements.
- You may not resume driving or operate any heavy machinery for the remainder of the day.

What does a “Clear Liquid Diet” Mean?

- Coffee, tea, cola or water
 - Apple, white grape, or white cranberry juice
 - Up to three cans or bottles of vanilla or butterpecan Ensure. Diabetics may use Glucerna instead of Ensure.
 - Plain Jello (no red or purple colors)
 - Clear broth
 - Popsicles (no red or purple colors)
 - Powerade, Propel or any artificially sweetened powdered drinks (Kool-Aid, Tang, Crystal Light – no red or purple colors)
 - Sorbet that does not contain milk or chunks of fruit
- **No** milk or milk byproducts (cheese, yogurt)
 - **No** grapefruit, tomato, V-8, or orange juice
 - **No** alcohol
 - **No** red or purple liquids