

## HOW TO PREPARE FOR YOUR COLONOSCOPY WITH SUPREP

Your colonoscopy is scheduled at:

\_\_\_ East Tennessee Gastroenterology 2404 Chambliss Ave

\_\_\_ Tennova Healthcare Main Campus 2305 Chambliss Ave

Procedure Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

**You must have someone to drive you home following your procedure.**

**5 days prior to your procedure stop taking following medications:**

- Aspirin
- Vitamins with Iron
- Iron
- Ibuprofen
- Motrin
- Advil
- Aleve
- BC Powders
- Goody's Powder
- **You may take Tylenol**

**Unless otherwise instructed** take your regular medications as usual the day prior to your procedure, but **Do Not** take your Morning medications the day of your procedure.

Your prescription for **SUPREP** kit will be sent thru e-scribe to your pharmacy. This prep will take two doses to complete. It is very important to complete both doses to ensure a complete colon cleansing.

**\*\*If you have any decreased kidney function please notify Dr. Samuel's staff immediately.**

**(PLEASE TURN OVER FOR MORE INSTRUCTIONS)**

**George A. Samuel, D.O.**

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Day prior to your procedure: \_\_\_\_\_.

- You may eat a **light breakfast** before **9:00 am**.
- After **9:00 am**, drink **CLEAR LIQUIDS ONLY** for lunch and dinner up until **MIDNIGHT**

**Clear liquids** are juices without pulp (apple or white grape), water, coffee, tea, Jell-O, Coke, Sprite, Ginger Ale, Dr. Pepper, Gatorade, clear broth or bouillon, and popsicles.

**NOTHING RED OR PURPLE IN COLOR**

**Milk, cream and other dairy foods ARE NOT clear liquids.**

**Start Dose #1 at 6:00 pm:**

- Pour the 6 ounce bottle of liquid bowel prep into the 16-oz mixing container
- Add cool water to the 16-oz Fill Line on the container and mix
- Drink **ALL** of the liquid in the container. It is best to finish drinking the liquid within 20 minutes
- You **MUST** drink at least two (2) more 16-oz container of water over the next 2 hours

**Drink Dose #2 at** \_\_\_\_\_.

- Pour the 6 ounce bottle of liquid bowel prep into the 16 oz mixing container
- Add cool water to the 16-oz Fill Line on the container and mix
- Drink **ALL** of the liquid in the container. Again it is best to finish drinking the liquid within 20 minutes
- You **MUST** drink at least two (2) more 16-oz container of water over the next 2 hours

You will have multiple bowel movements during the whole prep. This is very important and a necessary part of preparing for your colonoscopy. Please drink plenty of liquids to stay hydrated during this process.

**Drink only water and your prep after Midnight.**

**DO NOT drink anything after** \_\_\_\_\_.

Bring your **photo ID** to your procedure. You will need a driver present during your procedure.

**We charge a \$100 fee for office procedures that are not cancelled by 12:00 pm on the Thursday prior to a Monday procedure. We charge \$100 for office procedures not cancelled 48 hours in advance of a Wednesday procedure.**