

## SUPREP Bowel Prep Patient Instructions *Split Dose Regimen*

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

Procedure Location: \_\_\_\_\_

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

**DAY BEFORE PROCEDURE:** \_\_\_\_\_

**DO NOT FOLLOW THE PREP DIRECTIONS ON THE BOX/ CONTAINER. FOLLOW THESE ONLY:**

A Prescription has been sent electronically to \_\_\_\_\_.

1. You may have breakfast and lunch until 1:00pm then remain on clear liquids the rest of the day.  
Any of the following clear liquids are OK:
  - Water
  - Strained fruit juices (without pulp) including apple, white grape, or white cranberry
  - Gatorade
  - Coffee or tea (DO NOT use any dairy or non-dairy creamer)
  - Chicken broth or beef broth
  - Jell-O (NO RED OR ORANGE) and Popsicles (NO RED OR ORANGE)
2. The evening before your colonoscopy beginning at **5:00 p.m.**, pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing cup.
3. Add cool drinking water or sugar-free drink to the 16-ounce line on the cup and mix.
4. Drink **ALL** the liquid in the mixing cup. There is no need to chug the mixture down, just drink it within the hour.
5. You **MUST** drink two (2) more 16-ounce cups fluid over the next hour or two. You may drink more fluids throughout the night if you wish.

### **MORNING OF YOUR PROCEDURE:**

1. The morning of your colonoscopy beginning at \_\_\_\_\_ a.m. pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing cup.
2. Add cool drinking water or sugar-free drink to the 16-ounce line on the cup and mix. You must drink all the liquid in the next hour.
3. You **MUST** drink (2) more 16-ounce cups of fluids over the next 1 hour.
4. Please note that you **may not have anything to drink 4 hours prior to your procedure** or your procedure may have to be rescheduled. **You must be done with the entire prep prior to \_\_\_\_\_.**
5. **Read attached pages as to what medications to take prior to procedure. Please call with any questions.**
6. Please have your driver with you at all times. You may not drive yourself home.

**PLEASE NOTE THAT YOU WILL BE CHARGED A CANCELLATION FEE IF YOU DO NOT CANCEL YOUR PROCEDURE AS POLICY STATES. (Practice policy for administrative services.)**

1. If you think that bowel prep did not completely clear the intestines for any reason, please call your doctor or the doctor on call for an alternative prep.
2. If you have a history of artificial heart valve, recent joint replacements or have been hospitalized for bacterial endocarditis, **please call your physician's nurse** so that antibiotic coverage can be arranged prior to your procedure.
3. If you are on any type of prescribed medications, **please notify the prescribing doctor** of your upcoming colonoscopy/surgery. Please make sure that doctor agrees that it is okay to stop the medication.
4. Do not take diuretics on the day of your procedure. These include clorothiazide, hydrochlorothiazide, furosemide, bumetanide, toresmide, amiloride, spironoactone, triameterene, mannitol, dyazide, maxzide and moduretic.
5. **Please make sure that you take all medications for acid reflux, asthma, bronchitis or emphysema in the morning with a sip of water on the day of your procedure.**
6. **If you take blood pressure medications in the morning, please make sure you take all blood pressure medications the day of your procedure with a sip of water. This includes combination medications for blood pressure which contain diuretics.**

These are some examples of medications that should be stopped 3-7 days prior to your procedure. These medications thin the blood. If you are on a medication that was prescribed to you (or is over the counter) to help thin your blood and it is not on the list, please stop it prior to your procedure. (if recommended by your prescribing physician).

<b>Blood thinners</b>	<b>NSAIDS</b>	<b>OTC Supplements</b>
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<b>Aggrenox (dipyridamole+ aspirin)</b>	<b>Aspirin ( Excedrin, bayer)</b>	<b>Fish oil</b>
<b>Aggrastat (tirofiban)</b>	<b>Celecoxib (celebrex)</b>	<b>Garlic in large amounts</b>
<b>Arixtra (fondaparinux sodium)</b>	<b>Ibuprofen (advil, motrin)</b>	<b>Ginko biloba</b>
<b>Coumadin (warfarin)</b>	<b>Indomethacin ( indocin)</b>	<b>Ginger</b>
<b>Dicumarol (dicumarol)</b>	<b>Mag salicylate (bayer select)</b>	<b>Ginseng</b>
<b>Effient (prasugrel)</b>	<b>Meloxicam (mobic)</b>	<b>St John's Wart</b>
<b>Integrilin (eptifibatide)</b>	<b>Nabumetone ( Relafen)</b>	<b>Saw Palmento</b>
<b>Miradon ( anisinidine)</b>	<b>Naproxen (naprosyn)</b>	<b>Vitamin E</b>
<b>Plavix (clopidogrel bisulfate)</b>	<b>Naproxen sodium (aleve)</b>	
<b>Persantine (dipyridamole)</b>	<b>Oxaprozin (daypro)</b>	
<b>Pletal (cilostazol)</b>	<b>Piroxicam (feldene)</b>	
<b>Pradaxa (dabigatran)</b>	<b>Tolmetin sodium (tolectin)</b>	
<b>Reopro (abciximab)</b>	<b>Valdecoxib (bextra)</b>	
<b>Xeralto (rivaroxaban)</b>		

ACE INIHIATORS	BETA BLOCKERS	ANGIOTENSION II	COMBINATION
Accupril (quinapril)	Betapace (sotalol)	Atacand (candesartan cilexetil)	Aldoril (methyldopa + hctz)
Aceon ( perindopril)	Bisoprolol (zebeta)	Avapro (irbesartan)	Capozide (captopril + hctz)
Altace (Ramipril)	Blocadren (timolol)	Benicar (olmesarten)	Corzide (nadolol + bendroflumethiazide)
Capoten (captopril)	Bystolic (nebivolol)	Cozaar (losartan)	Dyazide (triameterene + hctz)
Lotension (benazepril)	Cartrol (carteolol)	Diovan (Valsartan)	Hyzaar (losartan + hctz)
Mavik (trandolapril)	Coreg (carvedilol)	Hyzaar (losartan)	Inderide (propranolol + hctz)
Monopril (fosinopril)	Corgard (nadolol)	Micardis (telmisartan)	Lexxel( feldopine + enalapril)
Prinivil (lisinopril)	Inderal& inderal-la (propranolol)	Teveten (eprosartan mesylate)	Lotrel (amlodipine + benazepril)
Prinzide (lisinopril + diuretic)	Kerlone(betaxolol)	Valsartan (diovan)	Lotension hct (benazepril + hctz)
Univasc (moexipril)	Levatol (penbutolol)	<b>OTHER BP MEDS</b>	Moduretic (amiloride + hctz)
Vasotec (enalapril, analaprilat)	Lopressor (metoprolol)	Catapres (clonidine)	Prinzide (lisinopril + hctz)
Zesteril (lisinopril)	Normodyne(labetalol)	Cardura (doxazosin)	Tentoretic (atenolol + chlorthalidone)
	Tenormin (atenolol)	Cardene (nicardipine)	Vaseretic(enalapril + diuretic)
	Toprol xl(metoprolol)	Cardizem (diltiazem)	Zestoretic (lisinopril + diurectic)
	Trandate (labetalol)	Norvasc (amlodipine)	Ziac (bisoprolol + hctz)
	Zebeta(bisoprolol)	Plendil (felodipine)	
		Procardia xl (nifedipine)	