

NAME: _____

We perform procedures at the following locations:

- | | |
|--|---|
| <input type="checkbox"/> GIEA
15005 Shady Grove Rd. Ste 200
Rockville, MD. 20850
(301) 340-8099 | <input type="checkbox"/> Shady Grove Adventist Hospital
Out-Patient Surgery Center
9901 Medical Center Dr. 1st Floor
Rockville, MD. 20850 |
|--|---|

Please **ARRIVE** at: _____ on _____
TIME DATE

COLONOSCOPY PREP KIT INSTRUCTIONS (SUPREP)

PLEASE PURCHASE: SUPREP (Prescription needed)

THE ENTIRE DAY PRIOR TO YOUR PROCEDURE YOU MUST BE ON A CLEAR LIQUID DIET - NO SOLID FOODS.

- Drink 6-8 glasses of clear liquids and half **MUST** contain sugar and salt
- Coffee or Tea (**NO** milk or artificial creamer)
- Clear broth or bouillon – **MUST** drink 16oz of either broth or bouillon
- Carbonated or non-carbonated soft drinks (Coke, Diet Coke, Pepsi, Sprite, etc.)
- Clear fruit juices (Apple Juice, Cranberry, White Grape, Gatorade (**NOT G2**))
- Jell-O, Popsicles, Italian Ice, hard candy

NOTE: DARK COLOR CLEAR LIQUIDS SUCH AS RED OR PURPLE ARE OK TO HAVE JUST BE SURE TO DRINK LOTS OF WATER AS WELL.

FIRST DOSE: AT 7:00 P.M. THE DAY BEFORE YOUR PROCEDURE:

- Pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container
- Add cool drinking water to the 16-ounce line on the container and mix
- Drink ALL the liquid in the container
- You MUST drink two (2) more 16-ounce containers of water over the next hour

SECOND DOSE: TO BE DONE 5 HOURS PRIOR TO YOUR PROCEDURE:

- **REPEAT THE 4 STEPS FROM THE FIRST DOSE**

DAY OF YOUR EXAM: Take all of your morning medications with small sips of water **ONLY UP UNTIL 4 HOURS PRIOR TO YOUR PROCEDURE.**

4 HOURS PRIOR TO YOUR EXAM YOU MUST HAVE NOTHING TO EAT, DRINK, SMOKE, OR CHEW.

PLEASE NOTE: IF YOU FIND IT NECESSARY TO CANCEL YOUR PROCEDURE WITHIN 48 HOURS PRIOR TO THE SCHEDULED APPOINTMENT A \$150 CANCELLATION FEE **WILL BE CHARGED.**

FOLLOW THESE INSTRUCTIONS. NOT WHAT IS ON THE BOX.

Capital Digestive Care

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How to prep successfully

BE PREPARED! The prep is the hardest part of the procedure. It is a medicine that helps your physician DETECT CANCER. It may taste harsh to some, but it has been given to you so that your doctor is able to find the smallest of polyps, if present.

****IF YOU DO NOT COMPLETE YOUR PREP YOUR
PROCEDURE MAY BE
CANCELLED/RESCHEDULED****

How to better manage the taste of your prep

1. Make sure the mixture is cold. Put it in the freezer to chill if it's not cold enough
2. Use Sprite, Gingerale or pulp-free lemonade to mix the solution
3. Drink the mixture with a straw
4. Use water or another clear liquid as a chaser after each sip of your prep (this helps to get the additional required clear liquid down quickly too!)
5. Hold your nose while drinking the mixture to help mask the taste

If you feel nauseous...

1. DO NOT chug the solution, take a break if you feel nauseous
2. You have 30 minutes to drink the MIXTURE portion of your prep, DON'T RUSH!