



Karin D. Berg, MD
Kent D. Katz, MD
Phillip T. Krmpotich, MD

Jonathan T. Parrack, DO
Ching "Angela" Wang, MD
Mark Worthington, MD

Tracy Amadio, NP
Steven C. Coxe, PA
Kimberley Scott, PA
Teri Sweginnis, NP

1600 Willow Creek Rd • Prescott, AZ • 86301
P: 928-608-5500 • F: 928-608-5508

COLONOSCOPY SUPREP INSTRUCTIONS

NAME: \_\_\_\_\_ DOB: \_\_\_\_\_ SCHEDULED: \_\_\_\_\_

\* Please see the back of this form for instruction on stopping blood thinners.
Your procedure will have to be rescheduled if they are not stopped beforehand as instructed. \*

ONE WEEK BEFORE YOUR PROCEDURE:

- 1. Stop eating any RAW fruits/veggies, seeds, corn, nuts, chia seed, flax seed, granola, or bread that has oats
2. Do not take oil based supplements like FISH OIL, Vit, E, Vit D, or CoQ10.
3. Do not take any IRON supplements

THE DAY BEFORE YOUR PROCEDURE:

- 1. You may have clear liquids only. DO NOT EAT ANY SOLID FOODS, MILK PRODUCTS OR DRINK ALCOHOL.
Clear liquids include: water, clear fruit juices like apple or white grape juice, beef or chicken broth, Jello, clear soft drinks, Gatorade, coffee or tea without cream. Any drink that you can hold up to the light and see through is considered a clear liquid. DO NOT DRINK ANYTHING WITH RED/PURPLE COLORING. Drink plenty of fluids the day before procedure.
2. One hour before starting prep – take a Mylanta, or Gas-X (generic is simethicone) tablet. You can purchase this over the counter at any drug store.
3. At 5:00 P.M. the evening before your procedure complete steps 1 thru 4.
Step 1. Pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container.
Step 2. Add cool drinking water to the 16-ounce line on the container and mix.
Step 3. Drink all of the liquid in the container.
Step 4. You MUST drink two (2) more 16-ounce containers of water over the next hour.

DO NOT USE CHEWING TOBACCO AFTER MIDNIGHT

THE MORNING OF YOUR PROCEDURE:

START PREP AT \_\_\_\_\_ AM

- 1. One hour before starting prep – take a Mylanta, or Gas-X (generic is simethicone) tablet again.
2. Pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container.
3. Add cool drinking water to the 16-ounce line on the container and mix.
4. Drink all of the liquid in the container.
5. You MUST drink two (2) more 16-ounce containers of water over the next hour.
6. You may have clear liquids until \_\_\_\_\_ AM/PM, then nothing at all by mouth – NOT EVEN WATER. NO gum, hard candy, mints or smoking.
7. Wear loose fitting clothing (sweat pants, etc.), flat shoes that are easy to get on and off, (no cowboy boots, heels, or hikers). Also wear warm socks and wear a short sleeve T-shirt. We will not be held responsible for valuables brought to the facility. Please leave at home. Due to the sedation administered during procedure you MUST NOT drive until the following day. You MUST have a driver to drive you home after the procedure.

PLEASE CHECK IN AT:

- TRI-CITY SURGERY CENTER 5430 DISTINCTION WAY, PRESCOTT, AZ 86301
YAVAPAI REGIONAL MEDICAL CENTER, 1003 WILLOW CREEK RD, PRESCOTT, AZ 86301

Date \_\_\_\_\_ Time \_\_\_\_\_ AM/PM, for \_\_\_\_\_ AM/PM procedure

- If you are diabetic and on INSULIN: Take only 1/2 of evening dose the night before and do not take the morning of your procedure.
If you are diabetic and on ORAL MEDS: Do not take diabetic meds the evening before and the morning of procedure.
If you take HEART AND/OR BLOOD PRESSURE medications, take your morning dose the day of your procedure with a small sip of water by \_\_\_\_\_ AM/PM.
IF YOU USE INHALERS, BRING THEM WITH YOU.

Patient Signature: \_\_\_\_\_

Patient name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

**If you are taking a blood thinner from a cardiologist or PCP like:**

Coumadin, Warfarin, Heparin, Plavix, Eliquis, Persantine, Effient, Pradaxa, Xarelto, Jantoven, Arixtra/fondaparinux, Fragmin, Innohep, Iprivask, Angiomax, Argatroban, Atryp, Refludan, Thrombate III, or Lovenox

**It must be stopped on \_\_\_\_\_**

(YOU MUST HAVE YOUR CARDIOLOGIST OR PRIMARY CARE PHYSICIAN'S PERMISSION TO STOP THE ABOVE MEDICATIONS, IF YOUR GI DOCTOR IS NOT NOTIFIED OF THIS PERMISSION YOUR PROCEDURE COULD BE CANCELED.)

**Other blood thinners that need to be stopped are in this list below. Many are over the counter so please read through the list entirely.**

**If you take any of the following medications, you would need to stop them on**

**EXAMPLES OF MEDICATIONS CONTAINING IBUPROFEN OR SIMILAR MEDICATIONS:**

<b>Advil</b>	Equagesic	Methocarbamol	Ponstel
<b>Aleve</b>	Etodolac	Midol	Propoxyphene
Anaprox	<b>Excedrin</b>	Mobic/	Relafen
Arthritis Pain Formula	Feldene	<b>Meloxicam</b>	Robaxisal
Arthrotec	Fiogen PF	Mobidin	Roxiprin
Bextra	Fiorinal	Mortin	Rufen
Cama Arthritis Pain	Genpril	Naprelan	S-A-C tablets
Cataflam	Ginkgo Biloba	Naprosyn	Saleto
<b>Celebrex</b>	Haltran	<b>Naproxen</b>	Sine-Aid IB
Clinoril	Ibuprofen	Norgesic	Solaraze
Combunox	Ibuprohm	Noreich	Soma Compound
Darvon	IBU-Tab	Nuprin	Sulindac
Daypro	Indocin	Orudis	Trilisate
Diclofenac	Ketoprofen	Oruvail	Toradol
Dimetapp Sinus	Lodine	P-A-C	Trendar
Doan's Pills	Magan	Pletal	Vicoprofen
Dolobid	Magnaprin	Pedia Profen	Vioxx
Dristan Sinus	Marnal	<b>Pepto-Bismol</b>	Voltaren
	Medipren	Percodan	Zorpin
		Piroxicam	

**YOU MAY TAKE ACETAMINOPHEN OR TYLENOL FOR PAIN**