



# SUPREP INSTRUCTIONS

Advanced Gastroenterology PLLC

Advanced Endoscopy Center PLLC

You should arrive for your procedure(s) at:

DATE: \_\_\_\_\_

TIME: \_\_\_\_\_ Check-in

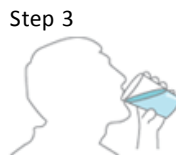
Your procedure has been scheduled with:  Dr. Son Do  Dr. Samuel Sim  Dr. Charles Hames

Your procedure has been scheduled at:

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> <b>Advanced Gastroenterology, PLLC</b><br>2415 NE 134 <sup>th</sup> Street, Suite 205<br>Vancouver, WA 98686<br>360-576-5060 | <input type="checkbox"/> <b>Legacy Salmon Creek Hospital</b><br>Special Procedures/Surgery-2 <sup>nd</sup> Floor<br>2211 NE 139 <sup>th</sup> Street<br>Vancouver, WA 98686<br>360-487-1830 | <input type="checkbox"/> <b>PeaceHealth SW Medical Center</b><br>Short Stay Unit<br>400 NE Mother Joseph Place<br>2 <sup>nd</sup> floor, 5 <sup>th</sup> Street Entrance<br>Vancouver, WA 98664<br>360-514-2895 |
|---|---|---|

**DAY BEFORE COLONOSCOPY:** \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

- ONLY CLEAR LIQUIDS** may be taken the day before your exam:
  - You may have sport drinks, clear juices, soup broth, jello, or popsicles.
  - Coffee is okay but with **NO** cream
  - DO NOT** drink milk or alcoholic beverages
  - NO RED OR PURPLE LIQUIDS**
- At **7 PM** on the evening before procedure complete step 1 through 4 using one (1) 6-ounce bottle before going to bed:
  - Pour ONE (1) 6-ounce bottle of SUPREP liquid into 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 a **minimum** of two (2) 16-ounce containers of water over the next 1 hour.



**MORNING OF COLONOSCOPY:** \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

- At \_\_\_\_\_ AM repeat steps 1 through 4 using the other 6-ounce bottle.



- At \_\_\_\_\_ AM you **CANNOT** have anything else to drink, **NOT EVEN WATER.**



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**IMPORTANT** Concern for your safety makes us insist you have someone to drive you home. **If you have not arranged for a driver, the procedure will be postponed.** Your driver will need to come into the Endoscopy Center to pick you up. **Taxi or C-Van is not allowed unless you are escorted by a friend or family member.** You will not be allowed to drive for 24 hours.

### **Allowed Medications:**

Medications you take for the following conditions should be continued as usual on the day of the procedure. These should be taken with a small amount of water, **4 hours before your arrival time.**

- Heart Problems
- High blood pressure
- Fluid retention
- Female hormones
- Thyroid disorder
- Depression or anxiety
- Asthma/emphysema
- Stomach ulcer or excess acid
- Seizure disorder

### **NOT Allowed Medications:**

- Plavix
- Iron Supplements – Stop 5 days prior to your procedure

### **Special Instructions for Coumadin/Diabetic Medications:**

#### **Coumadin/Plavix:**

Your last dose should be taken on \_\_\_\_\_.

At the time of your procedure, your doctor will tell you when to restart the Coumadin/Plavix.

#### **Diabetic Pills:**

Do not take your diabetes pills the day of your procedure. You can take ½ the dose of your diabetes pills the day before the procedure.

#### **Insulin:**

On the day before your test: Take your regular dose in the morning.

That night, take ½ your regular dose.

On the day of your test: **Do not take any insulin. Make sure to take your blood sugar that morning and report it to the nursing staff as they prepare you for your procedure.**