

# Colon Rectal Surgical Associates

James A. Zalucki, MD Vincent Cifello, MD

## SUPREP BOWEL PREP INSTRUCTIONS FOR SURGERY

Your colonoscopy will be performed at \_\_\_\_\_  
on \_\_\_\_\_ at \_\_\_\_\_ AM. Please arrive ONE  
HOUR BEFORE your procedure is scheduled for registration and preparation. The facility may ask you to  
pay cop-pay deductible at that time.

### THE DAY BEFORE YOUR PROCEDURE

The day before your procedure you may have a light breakfast (i.e. a piece of toast and an egg) by  
10:30am then drink only CLEAR LIQUIDS for lunch and dinner. No solid foods. It is important that you  
drink as much clear liquid as you can throughout the day to avoid dehydration due to the multiple bowel  
movements.

#### **Clear Liquid Diet:**

Coffee, tea, hard candy, water, carbonated beverages, apple juice, white grape juice or white cranberry  
juice, Gatorade, soft drinks, Jell-O (no fruit added), icy popsicles and clear broth. **Do not drink alcohol,  
dairy products (including non-dairy creamer) or any liquid with red or purple food coloring.**

- The SUPREP box contains 2 brown bottles and a disposable 16oz cup for mixing. Store it in the refrigerator to keep cold before consuming. You must complete the entire prep to ensure the most effective cleansing.
- First prepare the SUPREP solution. Empty ONE BOTTLE into the disposable container. Add cold water to the top line of the container and stir. You may add lemonade flavored Crystal Light powder into the cup to alter/enhance the taste, if desired.
- At 4pm: Begin drinking the solution. You should finish the solution within 30 minutes. Now you must refill the cup 2x with the clear liquid of your choice (apple juice, Gatorade, etc.) and drink them within an hour.

### THE MORNING OF YOUR PROCEDURE

- **4 HOURS BEFORE THE START OF YOUR PROCEDURE** \_\_\_\_\_ AM prepare the second dose of the SUPREP solution. Empty the REMAINING BOTTLE into the disposable container. Add cold water to the top line of the container and stir. You may add lemonade flavored Crystal Light powder into the cup to alter/enhance the taste, if desired. Now you must refill the cup 2x with the clear liquid of your choice (apple juice, Gatorade, etc.) you should finish all 3 cups (1 cup of medicine and 2 of clear liquids) within an hour.

It usually takes about an hour to begin to notice the diarrhea affect. You may notice some bloating or cramping at the beginning of the prep, but this usually gradually improves once the diarrhea begins. Occasionally some may develop nausea with vomiting. The best remedy for this is to take a break from the SUPREP solution for about a half hour to allow it to move downstream and then to resume drinking at a slower rate. The diarrhea may continue for about an hour or two after completing the prep. Many have found that drinking the prep through a straw and chilling the solution improves tolerance.

Your efforts at cleansing your colon are essential for an accurate procedure. These instructions are designed to maximize the ease, safety and success of your preparation. Failure to take the prep as indicated may result in a poorly cleansed colon and the cancellation of the procedure.

**IMPORTANT:**

- **Arrive at the facility ONE HOUR BEFORE your procedure is scheduled.**
- Make sure that you have your HEALTH INSURANCE CARDS with you and a LIST OF ANY MEDICATIONS which you are taking, including the dosage. Be prepared to answer questions about your medical history.
- **YOU CANNOT DRIVE YOURSELF HOME** following the procedure. Please arrange for a responsible adult to drive you home. You will not be able to take a cab or bus ride home.

**Medications** (unless otherwise advised by your doctor):

- **STOP 2 weeks prior to your procedure**
  - **Phenteramine and ALL HERBAL SUPPLEMENTS/TEAS (Black Cohash, Ehinacea, Ephedra, Fererfew, Garlic, Ginkgo Biloba, Ginseg, GBL/BD/GHB, Goldenseal, Hoodia, Kava, Licorice, Saw Palmetto, St John's Wort Valerian)**
- **STOP 10 DAYS prior to your procedure**
  - **Aspirin or aspirin-containing medicines**
  - **Plavix**
  - **Fish Oil and Vitamin E**
- **STOP 5 days prior to the procedure**
  - **Coumandin/Warfarin**
- **STOP 2 days prior to the procedure**
  - **NSAIDS (Motrin, Advil, Ibuprofen, Aleve, Naprosyn, Celebrex)**
- **If you take heart or blood pressure medications**, please take them the morning of your procedure with a **SMALL SIP OF WATER**
- Discuss changes in your Insulin dosage with your Primary Care provider
- Tylenol is safe to use as a pain reliever
- Continue all other medications. You may brush your teeth
- A&D Ointment or Desitan along with Cottonelle moist flushable wipes are recommended for anal irritation

**\*\*\*Please call the office (410-730-1712) if you have any questions concerning these instructions\*\*\***