

# Colon Rectal Surgical Associates

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## SUPREP BOWEL PREP INSTRUCTIONS FOR SURGERY

Your surgery has been scheduled for \_\_\_\_\_ at \_\_\_\_\_  
at \_\_\_\_\_.

Please arrive at the main entrance at \_\_\_\_\_.

### **THE DAY BEFORE YOUR PROCEDURE**

The day before your procedure you will be on a **CLEAR LIQUID diet only**. No solid food at all. Do not drink alcohol, dairy products (including non-dairy creamer) or any liquid with red or purple food coloring. 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..

- 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.
- **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 3pm:** Begin drinking the solution. You should finish the solution within 30 minutes. Now you must refill the cup 2 times with the clear liquid of your choice (apple juice, Gatorade, etc.) and drink them within 1 hour.
- Continue drinking Clear Liquids
- **At 9 pm:** Repeat steps performed at 3 pm.
- You may drink Clear Liquids up until midnight

It usually takes about an hour to notice the diarrhea effect. 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:**

- 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.

**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

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**Please call the office (410.760.9996) if you have any questions concerning these instructions**