



Dr. Jignesh Patel M.D.

Board Certified Gastroenterologist

727-372-4500

Colonoscopy with SUPREP Bowel Prep kit

Procedure Date _____

Follow up appointment _____

The surgery center will contact you with the time of your procedure the day before your procedure date

Baycare Surgery Center

2020 Trinity Oaks Blvd

Trinity, FL 34655

727-372-4055

New Port Richey Surgery Center

9332 Sr. 54 Ste. 100

Trinity, FL 34655

727-848-0446

Preparation:

Colonoscopy is an examination of the colon (large bowel) with a flexible tube about the thickness of your pinkie finger, which transmits a live color image onto a television screen. There are many things a person would rather do than undergo a bowel prep for a colonoscopy, but your efforts at cleansing your colon are essential for an accurate procedure.

5 Days prior to the procedure

DO NOT take iron pills or medications that may cause bleeding. These medications include: Plavix, Coumadin, and Aspirin. You **MUST** stop any anti-inflammatory type drugs including: Aspirin, Ibuprofen, Motrin, Advil, Naprosyn, Naproxen, and Diclofenac.

- **TYLENOL** is safe to use prior to this procedure.

One day before the procedure: ONLY CLEAR LIQUIDS ALL DAY

Avoid ALL dairy products and juices with pulp

Soups: Clear broth **Sports drinks:** Gatorade, Powerade (no dark colors) **Desserts:** Popsicles, Jell-O

Juice: White cranberry, white grape, apple, lemonade **Beverages:** Tea, coffee (no cream/milk or sugar)

Please follow the directions below for your prep

Prep for the night before your procedure

- **5:00pm** pour (1) 6-ounce bottle of SUPREP liquids into the mixing container. Fill the rest of the 16-ounce container with cold water and mix thoroughly.
- Drink an additional 2 more 16-ounce containers of water over the next hour.
- **8:00pm** repeat the above regimen with the remaining 6-ounce bottle of SUPREP.

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, however, this feeling will subside once the diarrhea begins.

Commonly asked Questions:

How do I know if my prep is adequate?

The stool should be a watery consistency. It does not have to be clear in color like water since digestive juices will continue to tint the stool yellow and small flecks of debris are not a problem as long as the stool is not muddy or thick. It is important to increase your fluid intake while consuming the SUPREP. Many have found that drinking the prep through a straw and chilled helps the solution be consumed easier.

What side effects may I expect?

Since the prep works by flooding the intestinal tract with fluid, abdominal bloating and cramping may occur, as well as some will develop nausea with vomiting.

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, however, this feeling will subside once the diarrhea begins.

The best remedy for this is to take a break for about an hour to allow it to move downstream, and then resume the prep at a slower rate until finished.

Morning of the Procedure

If you take medication, you can take it with a sip of water in the morning before your procedure.

You must have someone drive you to and from the procedure as you are **not allowed to drive**.

Please contact the office with any questions or concerns you may have. If you need to cancel please give a 48 hour notice or there will be a \$100 charge. Thank you.