# Colonoscopy with SUPREP SPLIT DOSE

<table>
<thead>
<tr>
<th>Patient Name:</th>
<th>Physician Name:</th>
<th>Today’s Date:</th>
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<tbody>
<tr>
<td>Date of Procedure:</td>
<td>Procedure Time:</td>
<td>Arrival Time:</td>
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## FACILITY LOCATIONS:
- **Catonsville Gastrointestinal Diagnostic Ctr.**
  - Phone (410-242-3636)
  - 700 Geipe Rd, Ste 220, Baltimore, MD 21228

- **St. Agnes Hospital – GI Services Department**
  - Phone (410-368-2200)
  - 900 Caton Avenue, Baltimore MD  21229

- **Howard Co Gastrointestinal Diagnostic Ctr.**
  - Phone (410-772-7345)
  - 10710 Charter Drive, Suite 120, Columbia, MD 21044

- **Howard County General Hospital, Dr. Berman and Kay Ota Berman Pavilion**
  - Phone (410-884-4500)
  - 5759 Cedar Lane, Columbia, MD 21044

## GENERAL INFORMATION:
- IV sedation or anesthesia is usually given during your procedure. Due to regulatory requirements and for your safety, **you must arrange for an adult (18+) to drive you home, or risk procedure cancellation.**
- You will not be able to drive, operate machinery, make important decisions or return to work for the rest of the day.
- You may resume normal activities the next day unless the doctor states otherwise.
- If you have any questions concerning your procedure or need to cancel please call the respective office.
- Wear comfortable, loose fitting clothing that is easy to step into. Wear flat shoes or tennis shoes.
- The center is not responsible for your property. Do not wear jewelry or bring valuables with you to the Center or Hospital.
- The morning of the procedure, only drink the required liquid preparation.

## 5 – 7 DAYS BEFORE YOUR PROCEDURE:
- **If you have diabetes:** Follow your GI Physician’s recommendations for oral and insulin medication.
- **If you are on Aspirin, Coumadin, Warfarin, Plavix, Heparin, Lovenox, Fish Oil or any other blood thinners:**
  - Your gastroenterologist may have advised you to stop taking blood thinners prior to your procedure. **You will need to stop taking these medications 5-7 days prior to your procedure.**
  - The GI physician may have to obtain Cardiac Clearance before your procedure can be scheduled. The office will contact you once clearance is obtained.
  - 5-7 days before the procedure stop eating salads, raw vegetables, nuts, seeds and popcorn.

## YOU WILL NEED TO PURCHASE:

5–7 days before your procedure:
-跟随你的肠镜医生的建议，以口服和胰岛素药物。
- 如果你正在服用阿司匹林、华法林、华法林、波力士、肝素、洛非诺、鱼油或其他抗凝血药物：
  - 你的胃肠科医生可能已经建议你在肠镜前停止服用这些药物。
  - 你可能需要在肠镜前5-7天停止服用这些药物。
  - 肠镜前的5-7天不要吃沙拉、生蔬菜、坚果、种子和爆米花。
### WHAT YOU CANNOT DRINK

- Any liquid that is red, orange, blue or purple in color
- No milk, dairy cream or non-dairy products
- No alcohol
- No orange juice or lemonade

### WHAT YOU CAN DRINK

- White grape juice, white cranberry juice, and apple juice
- Kool-Aide, Powerade, Gatorade and Crystal Light
- Popsicles and Italian Ice
- Broth or bouillon: Beef, Chicken or Vegetable flavored
- Water, Soda, Tea or coffee
- Hard candy and sugar
- Jell-O

**DO NOT consume red, orange, blue or purple liquid from this list**

### THE DAY BEFORE YOUR COLONOSCOPY

- **No solid food and NO ALCOHOL**
- **Clear liquids only all day**
- **8 oz.=1 Cup and 16 oz.= 2 Cup**

**5-6 PM:** Pour the entire contents of (1 of 2) bottles of SUPREP Bowel Prep Kit into the mixing container provided. Fill the container with water to the 16oz. fill line as indicated on the mixing container and drink the entire amount.

- Continue to drink 16 to 32 oz. of clear liquids until you go to bed. Please refer to the “What You Can Drink” list in the first column. **No red, orange, blue or purple liquid.**

- Apply a petroleum-based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools.

- **Confirm that you have a driver to take you home.**

### THE DAY OF YOUR COLONOSCOPY

- You should take your essential medications with a small sip of water (e.g. heart and blood pressure).

**7 hours** prior to procedure, pour the entire contents of (2 of 2) bottles of SUPREP Bowel Prep Kit into the mixing container provided. Fill the container with water to the 16oz. fill line as indicated on the mixing container and drink the entire amount.

- Following consumption of the prep, drink an additional 32 oz. of water within an hour.

- **No liquids 4 hours before procedure.**

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**Additional Comments:**

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