CarolinaDigestiveDiseases
& ENDOSCOPY CENTER

Phillip J. Goldstein MD • Maurice Marcuard MD

Colonoscopy Prep-SuPrep Single Day Dosing

To obtain the best possible exam, your colon must be free of stool. You have been given a prescription for SuPrep and the instructions for taking this are located below. You will need to start a **clear liquid diet** at breakfast on the day **before** your procedure and continue clear liquids only until midnight the night before your procedure:

No red or orange colors!

Water	*Tea*	*Coffee(no creamer)*	*Broth/Bouillon*	*Gatorade*
Jell-O	*Ginger Ale*	*Any soft drinks*	*Popsicles*	*Fruit Ice*

You may need to stop any blood thinners or Coumadin 3-5 days prior to your procedure. Please call our office if you have any questions or concerns about this

Absolutely NO SOLID FOODS on the day before your procedure!
Nothing at all by mouth after midnight on the night before your procedure!

Single Day Regimen
*******DO NOT USE THE DIRECTIONS ON THE BOX!!!******

Begin Steps 1-4 at _____ PM the day before your procedure as shown below:

Repeat Steps 1-4 at _____ PM the day before your procedure as shown below:



STEP 1: Pour ONE (1) 6-oz bottle of SUPREP liquid into the mixing cup



STEP 2: Add cool water to the 16-oz line on the cup and mix.



STEP 3: Drink ALL the liquid in the cup



STEP 4: You must drink TWO (2) more 16-oz cups of water over the next 1 hour

Dilute the solution concentrate as directed prior to use.
Do not have any more liquids after midnight unless you need a sip of water with medications on the morning of your procedure

**********************Nothing by mouth after midnight! *********************

You may take blood pressure or heart medicine with a small sip of water. Any other medications should be taken after the procedure has been done.
You will need a driver on the day of the procedure!!

Appointment Date: _____ **Arrive at our office at** _____

Your procedure is scheduled to begin between _____

*****A $250 fee is applied for any cancellations, reschedules or no shows made within 48 BUSINESS hours of appointment time *****

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FAQ Regarding your Colon Prep

What are the side effects of the colonoscopy prep?
You will have a lot of diarrhea from the bowel prep, so plan to be home, and near a toilet. Keep some magazines or a book on hand in the bathroom. Don't try to leave your house during the prep. Most people have bloating and abdominal discomfort. This is normal! Don't be alarmed if you feel these symptoms. Many people also have nausea. This is also normal! Some people don't like the taste or smell of the medicine. Please don't let this get in the way of taking the prep as directed.

My bottom is sore. How can I get some relief?
You may consider 'pre-treating' your bottom with Preparation H, Desitin, A&D Ointment or Vaseline, to lessen the irritation during the many bathroom trips you will be making. Also gently pat your bottom with soft tissue paper or an unscented baby wipe while cleaning versus wiping the area clean. You may also use a wet washcloth. Apply Preparation H, Desitin, A&D Ointment or Vaseline after each bowel movement for relief.

I see yellow color in the toilet bowl and a few flecks...what should I do?
If you completed your prep solution and your last bowel movements were clear enough to see the bottom of the toilet, you are all set for your procedure. A few flecks of material will not affect your procedure. The yellow color is bile that normally colors feces.

I can't drink all the prep mix...I feel like vomiting...what should I do?
It's important that you continue to drink the mixture if possible. Without a clean bowel, your doctor may not be able to see a clear image of your colon. Failure to consume the entire prep mixture may result in having to repeat the procedure another day. (And repeat the prep) If you are feeling nauseous or you vomit, take a 30-minute break. Try drinking ginger ale or another clear liquid to help settle your stomach. Then begin drinking the solution again. Try drinking 4-6 ounces at a time rather than the recommended 6-8 ounces. Take a slower pace. Continue to drink every 30 minutes instead of every 15 minutes. If you have a serious medical issue, please contact your physician at 252-758-8181, dial 911, or go to your nearest emergency room immediately. If you are unable to finish your prep, please call your physician's office.

If my stool is watery and clear, do I still have to drink the entire prep solution?
It is imperative that you follow all your doctor's instructions and make every effort to complete all of the prep solution. Although uncomfortable, drinking the entire solution will aid in cleaning your colon and purging all waste material for a thorough colonoscopy. Failure to complete the entire prep solution could result in a colon that is not clean enough, which increases the chances that something could be missed during your procedure. In addition, if your colon is not clear enough, you may have to repeat your colonoscopy procedure another day and repeat the preparation process.