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PREPARATION INSTRUCTIONS FOR COLON SURGERY/with SUPREP-Method

Someone from the hospital will call you **the day before** your surgery with the time to arrive.

____ Mat-Su Regional Medical Center (907) 861-6858

PREPARATION INSTRUCTIONS FOR THE DAY BEFORE COLON-SURGERY

PLEASE READ THESE INSTRUCTIONS SEVERAL DAYS BEFORE YOUR PROCEDURE.

You will need the following items from a pharmacy: Prescriptions will be provided for a SUPREP Bowel Preparation Kit and two antibiotics: Cipro & Flagyl.

FOLLOW OUR INSTRUCTIONS BELOW AND NOT THE INSTRUCTIONS THAT ARE INCLUDED WITH THIS KIT

THE ENTIRE DAY BEFORE YOUR COLON SURGERY – HAVE A CLEAR LIQUID DIET ONLY. NO SOLID FOODS.

Clear liquids include water, coffee, tea, Gatorade, carbonated and non-carbonated soft drinks. All the clear juices: apple, white grape. Jell-O, popsicles, and clear soups: bouillon or broth. Sugar or artificial sweeteners are allowed.

NOT ALLOWED ON A CLEAR LIQUID DIET: Dairy products: milk, cream, soy, artificial creamer, or pulpy juices like orange, grapefruit, pineapple, tomato and V-8. No alcoholic beverages.

STEP 1: AT 9:00 AM – START DRINKING THE FIRST DOSE OF SUPREP SOLUTION

- Pour ONE (1) 6-ounce bottle of Suprep liquid into the 16-ounce cup
- Add cool drinking water to the 16-ounce line on the container and mix
- Drink ALL the liquid in the container
- **IMPORTANT:** You MUST drink two (2) more 16-ounce containers of water over the next hour.

STEP 2: AT 4:00 PM - START DRINKING THE SECOND DOSE SOLUTION

- You will drink your second dose of Suprep following the same instructions in STEP 2
- Drink ALL the liquid in the container
- **IMPORTANT:** You MUST drink two (2) more 16-ounce containers of water over the next hour.

STEP 3: You will also start taking the antibiotics at the following times:

Cipro 500mg – 1 tablet at 9:00pm.

Flagyl 500mg – 1 tablet at 9:00pm & 1 tablet at 11:00pm.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT.