



**Garth LeCheminant, M.D.**    **David Morrow, M.D., F.A.C.S.**    **Iuliana Bobanga, M.D., F.A.C.S.**    **Jennifer Lemert, N.P.**  
 2490 S. Woodworth Loop, Ste 450 Palmer, AK 99645    •    Phone: (907) 745-8100 Fax: (907) 746-2655    •    matsusurgical.com

## 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 1
- 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 (ciprofloxacin) 500mg – 1 tablet at 11:00 am.

Flagyl (metronidazole) 500mg – 1 tablet at 11:00 am & 1 tablet at 9:00 pm.

**ON THE DAY OF YOUR COLON SURGERY** – You may continue to drink a small amount of clear liquids only up to **2 HOURS PRIOR TO ARRIVAL TIME** then nothing by mouth.