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SUPREP BOWEL PREPARATION INSTRUCTIONS FOR COLONOSCOPY

FACILITY: The facility does not schedule the times for the colonoscopies until the day before.

Someone from the facility will call you **the afternoon before** the colonoscopy with the time to arrive.

____ Mat-Su Regional Medical Center 2500 S. Woodworth Loop Palmer, AK 99645 Phone: (907) 861-6338

____ Surgery Center of Wasilla 3190 E. Meridian Park Loop Ste. 111 Wasilla, AK 99654 Phone: (907) 631-3578

TRANSPORTATION: YOU MUST MAKE ARRANGEMENTS FOR SOMEONE YOU KNOW TO DRIVE YOU HOME. You may not drive for the rest of the day once the procedure is completed. **You CANNOT take a cab home.**

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

IF YOU DO NOT FOLLOW THESE DIRECTIONS, YOUR COLONOSCOPY WILL BE CANCELLED.

PHARMACY: You will need to purchase the prescription Bowel Preparation Kit from a pharmacy.

FOR FIVE DAYS BEFORE YOUR COLONOSCOPY-

Do NOT take medicines that stop diarrhea. – Do NOT take fiber supplements. – Do Not take products that contain iron, such as multivitamins. – Do NOT take Vitamin E.

FOR THREE DAYS BEFORE YOUR COLONOSCOPY -

Do not eat high-fiber foods, such as popcorn, beans, seeds (flax, sunflower, quinoa, multigrain bread, nuts, salad/vegetables, or fresh and dried fruit.

THE ENTIRE DAY BEFORE YOUR COLONOSCOPY – 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.

– It is important to drink plenty of clear liquids to stay hydrated.

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: BETWEEN 3 PM AND 8 PM – 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 at least two (2) more 16-ounce containers of water over the next hour.

ON THE DAY OF YOUR COLONOSCOPY

STEP 2: AT LEAST 5 HOURS BEFORE YOUR PROCEDURE TIME – START THE SECOND DOSE OF SUPREP SOLUTION

- You will drink your second dose of **Suprep** following the same instructions in STEP 1 using the other 6-oz bottle.
- Drink ALL the liquid in the container
- **IMPORTANT:** You **MUST** drink two (2) more 16-ounce containers of water over the next hour.

You may continue to drink a small amount of clear liquids up to **2 HOURS PRIOR TO ARRIVAL TIME** then **nothing by mouth** (no smoking or chewing tobacco). *CALL OUR OFFICE IF YOU HAVE ANY QUESTIONS.