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SUPREP Instructions

Date: _____ **Time:** _____ **Arrival:** _____

One week prior to Procedure

- If you are taking Aspirin based products or Vitamin E, please contact our office for further instructions. If you are currently taking blood thinners such as Coumadin, please let your physician know immediately, as you must stop this medication seven days prior to the exam to prevent excessive bleeding. You must also clear this with your primary care physician or the ordering doctor.

The entire day before the procedure

- You will be on a clear liquid diet. A clear liquid is any liquid that you can put in a glass and see straight through it. You may have Jello (no red or purple jello), bouillon, consommé, apple juice, grape juice, cranberry juice, Gatorade, coffee, tea, cola, or water. Milk, cream, anything with pulp, alcoholic beverages and solid foods are **NOT** allowed.
- Start the 1st dose of your prep at 4:00 p.m. Start the 2nd dose at 8:00 p.m. See attached sheets

The morning of the procedure

- Patients taking daily medications may take their regular dosages the morning of the exam with very small sips of water.
 - **For COLONOSCOPY:** report to the Endoscopy Lab located on the first floor of the 77 Bldg. Park in the North parking deck. You should arrive at least one hour prior to your scheduled appointment time. The entire length of time you will spend at the hospital for colonoscopy will be approximately 2-3 hours.
 - **For AMBULATORY SURGERY:** report to the McDonnell Surgical Center on Collier Road. Park in the McDonnell Surgical Center parking lot. You should arrive two hours prior to your scheduled surgery time.
 - **For INPATIENT SURGERY:** report to the Admissions Desk in the main hospital (this is near elevator A). You should arrive two hours prior to your scheduled surgery time.

After the procedure

- You must have someone responsible drive you home after colonoscopy & ambulatory surgery – these are hospital rules-because you will be given a sedative for the procedure. Biopsy/pathology reports take about 3-4 business days to get from the laboratory results.

On the day before your procedure

- You may have clear liquids only
- DO NOT drink milk
- DO NOT eat or drink anything colored red or purple
- DO NOT drink alcoholic beverages
- On the evening before procedure (or when your doctor tells you to begin):

Complete steps 1 through 4 using one (1) 6-ounce bottle before going to bed.

Any of the following liquids are OK

- Water
- Strained fruit juices (without pulp) including apple, orange, white grape, or cranberry
- Limeade or lemonade
- Coffee or tea (do not use any dairy or non-dairy creamer)
- Chicken broth
- Gelatin desserts without added fruit or topping

SUPREP

Instructions for Use

Step 1

Pour (1) 6-ounce bottle of SUPREP liquid into the mixing container.

Note: **Dilute** the solution concentrate as directed prior to use.

Step 2

Add cool drinking water to the 16-ounce line on the container and mix.

Step 3

Drink the liquid in the container.

Step 4

You will **drink** two (2) more 16-ounce containers of water over the next 1 hour.

Repeat steps 1 through 4 using the other 6-ounce (BOTH 6-ounce bottles are required for a complete prep).

NOTE: you should not have any liquid or food after midnight the night before your colonoscopy.