

# SUPREP

DIGESTIVE MEDICINE ASSOCIATES \*\* 8895 BROADWAY \*\* MERRILLVILLE, IN 46410

TO SCHEDULE: 219-736-4219 FAX: 219-736-4847 24 HOUR ANSWERING: 219-738-2081  
[www.gimed.com](http://www.gimed.com)

## You have been scheduled for a colonoscopy.

Please arrive on \_\_\_\_\_ a.m./p.m.  
(DAY, DATE, TIME)

at \_\_\_\_\_  
(PLACE)

**NOTE:** You must have a driver present when you arrive for your procedure. Your driver must remain in the waiting room during your procedure. Public transportation or cabs are not allowed.

### Your Medication

If you take Coumadin, Plavix, Aggrenox, Effient, Pradaxa, or any blood thinners, **please notify our staff if you have not received instructions regarding this medication.** Blood pressure and heart medication **must** be taken on the morning of the procedure.

**Diabetic** patients should take ½ the usual dose of insulin/diabetes medication while on this diet. No insulin or other diabetes medication should be taken the morning of the procedure. Please **check your blood sugar the morning of the procedure and report it to the nurse.**

**IMPORTANT:** In addition to the prep, please drink additional clear liquids before, during and after drinking the prep solution. **STOP DRINKING LIQUIDS 3 HOURS BEFORE YOU ARE SCHEDULED TO ARRIVE for your colonoscopy or the procedure will be cancelled and rescheduled. Not even a sip!!**

**PREP: SUPREP BOWEL PREP KIT.** This must be purchased at your local pharmacy. (Rx provided)

**DIET: On the day before the procedure please do not eat any solid food after 9:00 a.m.** Start a **clear liquid** diet. Please see "Just What is a Clear Liquid" on the back of this sheet. Do not drink any dairy products, smoothies or anything containing artificial red dye.

✓✓ At 6:00 p.m. the day before the procedure, mix one 6-ounce bottle of **SUPREP** liquid into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. Drink all the liquid in the container. You **MUST** drink 2 more 16-ounce containers of water over the next 1 hour.

✓✓ On \_\_\_\_\_ drink the remaining 6-ounce bottle of  
(DAY, DATE, TIME)  
**SUPREP** mixed in the container with cool water to the 16-ounce line. Drink all the liquid in the container. You **MUST** drink 2 more 16-ounce containers of water over the next 1 hour.

**Not eating after 9:00 a.m. the day before the procedure and splitting the dose of the prep solution provides you the best colon exam possible.**

If you have access to a computer, we encourage you to visit this website: [www.asge.org](http://www.asge.org). Go to "Press Room", then "Patient Education Videos". You can then view a video about your procedure, "Colonoscopy". Visit [www.gimed.com](http://www.gimed.com) for information about the Digestive Medicine Associate physicians, maps, office staff, endoscopy staff, etc.

2/8/11  
3/7/11  
Rev. 1/18/13; Rev  
6/4/13  
11/18/1  
Rev 3/21/16