



Preparing for Your Colonoscopy with SUPREP™

Patient Name: _____ Date of Birth: _____

Procedure Date: _____ Location: Watauga Medical Center

Please call the Surgical Scheduler at Watauga Medical Center at 828-262-4225 on _____ between 12:00 p.m. and 4:00 p.m. to obtain your procedure appointment arrival time.

If you have any questions concerning your colonoscopy or your preparation, please do not hesitate to call us at 828-264-0029.

If you need to cancel or reschedule your colonoscopy, we ask that you give a 24 hour notice.

Pre-Admission

The pre-admission department from Watauga Medical Center will call you 1 to 2 days prior to your procedure. If you do not receive a call by 3:00 p.m. the day before your procedure, please call 828-262-4412.

Blood Thinner Instructions

- _____ Stop taking Warfarin (Coumadin, Jantoven, Marevan, Lawarin, and Waren) _____ days before your procedure.
- _____ Stop taking Dabigatran (Pradaxa) _____ days before your procedure.
- _____ Stop taking Rivaroxaban (Xarelto) _____ days before your procedure.
- _____ Stop taking Apixaban (Eliquis) _____ days before your procedure.
- _____ Stop taking Ticagrelor (Brilinta) _____ days before your procedure.
- _____ Stop taking Prasugrel (Effient) _____ days before your procedure.
- _____ Stop taking Clopidogrel Bisulfate (Plavix) _____ days before your procedure.

Three Days Before Your Colonoscopy

Stop eating corn, popcorn, flax seeds, foods with seeds or nuts, high fiber foods including whole grain breads, fruits and vegetables. (See exception below) Avoid foods containing olestra or Olean (such as fat-free chips and crackers) until after your procedure.

You may eat:

- Beef, chicken, pork, fish, eggs, tofu and tempeh, creamy peanut butter
- White noodles, white rice, non-whole grain breads, crackers, and cereal (all may be regular or gluten free)
- Milk, cheese, yogurt, almond or rice milk
- Plain ice cream, sherbet, fruit ice, custard, plain pudding, hard candy, jelly beans, cakes, and cookies made from white flour (all may be regular or gluten free)
- Cheese or meat pizza
- White potatoes without the skins, vegetable juice without pulp, tomato sauce without seeds, applesauce and bananas

One Day Before Your Colonoscopy Mon Tues Wed Thurs Fri Sat Sun

- If you have developed a fever, cough, sore throat or congestion, please contact our office **before** you start your preparation.
- **Women of childbearing age:** We strongly recommend you confirm that you are not pregnant with an over-the-counter pregnancy test prior to starting the bowel prep. The safety of the bowel preparation during pregnancy has not been verified.
- **Breastfeeding mothers:** Please ask for special instructions.
- You may have **only clear liquids** throughout the day – no solid food, no dairy products. Avoid red, orange or purple-colored liquids. Try to drink as much clear liquid as you possibly can during the day to minimize dehydration. Listed below are liquids that are allowed:

✓ Water	✓ Coke or Pepsi	✓ Gatorade	✓ Pineapple Jello
✓ Tea	✓ Ginger Ale	✓ White grape juice	✓ Lemon/Lime Jello
✓ Black Coffee	✓ Mountain Dew	✓ Apple Juice	✓ Peach Jello
✓ Sprite or 7-Up	✓ Clear Broth	✓ White cranberry juice	✓ Clear fruit juice popsicles

- We strongly recommend that you **stay at home** while taking the laxative portion of the preparation. This preparation will cause you to have multiple bowel movements as quickly as 30 minutes after taking it, so stay close to restroom facilities.



Preparing for Your Colonoscopy with SUPREP™

- **Beginning at 6:00 p.m., complete the following steps:**
 1. Pour one 6-ounce bottle of SUPREP™ liquid into the mixing container provided in the kit.
 2. Add cold drinking water up to the 16-ounce line on the mixing container and mix thoroughly.
 3. Drink all of the liquid in the mixing container.
 4. You **must** drink at least two more 16-ounce containers of water over the next hour.
 5. We encourage you to drink additional liquids throughout the evening.
 6. You may experience chills for the duration of your prep process. This is not a concern and is experienced by most patients.
- This preparation sometimes causes feelings of bloating, fullness and nausea. This is usually temporary and will subside when you begin having bowel movements. If you vomit, you do not need to repeat that dose, however, it is very important that you continue with the preparation. You may call our office and request nausea medication if needed.

The Day of Your Colonoscopy

- **Five hours prior to your arrival time, beginning at ___:___ a.m.,** repeat steps 1 through 4 (above) using the second bottle of SUPREP™. Take two (2) Simethicone capsules with your last glass of water. You **must** finish drinking the final glass of water by ___:___ am. (at least three hours before your arrival time).
You may have nothing else to eat or drink until after your procedure. Please do not chew gum, suck on mints/hard candy, or use tobacco before your procedure.
- **Follow the instruction of the Watauga Medical Center pre-admission Nurse regarding which of your medications to take the morning of your procedure.**
- You will be given anesthesia that will put you to sleep. The hospital requires that you arrange for someone to drive you home after the procedure. **Your procedure will be cancelled if you do not have a driver.**
Please be aware that you will not be allowed to drive the rest of the day.
- Please do not wear make-up or perfume and leave all jewelry and valuables at home. The hospital will not be responsible for any lost items.

RN/MA

Date/Time

Signature of Patient / Legal Representative

Date/Time

Patient / Legal Representative Name (Please Print)

Financial Information

You are scheduled for a Gastrointestinal Procedure with Dr. Douglas M. Trate at Watauga Medical Center. Please be advised that you will be billed separately by the following:

Watauga Medical Center – Patient Accounts, 828-262-4343

Outpatient Surgery, Recovery, Operating Room, Respiratory Services, Pharmacy, Dr. Trate's Professional Fee

Watauga Anesthesia Associates – 828-264-4691

Anesthesia Services

Pathologist Diagnostic Services, P.L.L.C- 336-718-5856 Toll Free 1-844-210-9947.

Pathology Services when biopsies are taken or polyps or tumors are removed.

