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| ***Please read the following instructions carefully at least 7 days before your scheduled procedure.***  **It is absolutely necessary that you complete the following instructions, with no changes, unless specified by your physician.** | | |
| **TIMELINE** | **What YOU Need to Do** | **Comments** |
| **7 days** before procedure | * **Avoid ALL Nuts, seeds, corn, and RAW green vegetables** * Arrange for a responsible adult to drive you to the facility on the day of your procedure * **IF YOU TAKE BLOOD THINNER PRODUCTS**: Follow the instructions for your blood thinner products as you were directed by your GI physician, cardiologist, or prescribing physician. * **IF YOU TAKE INSULIN PRODUCTS OR ORAL DIABETES PILLS**: Contact your physician to obtain specific directions for dosages on the day before and day of your procedure. | **You will need a responsible adult to drive you home from the procedure. It is the facilities policy to cancel the procedure if you do not have a ride home.** |
| **5 days** before procedure | * Go to the pharmacy and pick up your prescribed Suprep kit and Zofran prescription |  |
| **1 day** before procedure | * **BREAKFAST:** You may have a **light** breakfast. **This MUST be completed by 9AM.** * Choose from **ONE** of the following:   + White bread/toast **OR**   + Rice cereal **OR**   + Cream of wheat **OR**   + Eggs   **You may also have the following:**   * + Milk   + Juice (no red, blue, or purple) * **After 9am, do not eat anything and drink only clear liquids until 4 hours prior to procedure** (no red, blue, or purple). Clear liquids include: * Water & Tea * Plain coffee, no creamer or milk * Clear juices such as apple or white grape juice * Lemonade from powdered mix * Kool Aid or Crystal Light * Clear Soda (7-Up, Sprite, Ginger Ale) * Gatorade/PowerAde * Fat free broth/ bouillon/ consommé * Plain/flavored gelatins **(no fruit added)** * Italian ices, sorbet, popsicles | * **BREAKFAST MUST BE COMPLETED BY 9AM** * **CLEAR LIQUIDS ONLY AFTER 9AM**   **SEE REVERSE FOR ADDITIONAL PREP INSTRUCTIONS** |

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| **TIMELINE** | **What YOU Need to Do** | **Comments** |
| **1 day** before your procedure at **6:00PM** | BEGIN FIRST DOSE OF PREP  1. **Take one Zofran tablet**  2. Pour ONE 6-ounce bottle of SUPREP liquid into the  mixing container  3. Add cool drinking water to the 16-ounce line on the  container and mix  4. Drink ALL the liquid in the container.  5. You MUST drink two (2) more 16-ounce containers of  water over the next 1 hour.  **Continue with clear liquids for the rest of the evening** | Stay close to restroom. You may use baby wipes or A&D ointment to alleviate discomfort from your prep results. |
| DAY OF PROCEDURE:  **FIVE hours prior before check-in time**  (For example, if you are to check-in at 7:15am, you will need to get up at 2:15am and drink the 2nd bottle of Suprep.) | * You may take your medications as instructed (especially heart and blood pressure) up to 4 hours prior to checking in for your procedure. * Repeat steps 1-5 from above for second dose using the 2nd 6-ounce bottle of SUPREP * Follow specific directions given by your physician regarding insulin, oral diabetic pills, and blood thinners. * **After taking your second dose, stop all fluids.** * **Nothing by mouth, including gum, mints, or candy starting 4 hours prior to your procedure until after your procedure is complete.** | **DO NOT take any medications after completing your 2nd dose of prep.**  Your bowel movements will turn watery and -toward the end of the prep will appear yellow or clear. If the bowel movement is NOT YELLOW OR CLEAR, notify the pre-op nurse when you arrive at the facility. |
| **Appointment time** | * Arrive at your appointment check-in time with your responsible adult driver (see page 1). | **For your safety, your procedure will be cancelled if you do not have a ride home arranged.** |