



Download our Smart Clinic app to your mobile phone for prep reminders and helpful tips. Just enter your procedure date and the prep your doctor selected and your instructions will be delivered to your mobile phone.



Digestive Diseases CENTER

If you have questions regarding your medications or preparation, call 850-747-0825 between the hours of 7am and 3pm. After hours, call 850-763-5409 and ask to speak to your doctor's nurse. To schedule or reschedule procedures call 850-392-1507.

PREPARATION INSTRUCTIONS FOR COLONOSCOPY with SUPREP (2-Day Prep)

NAME: _____ CHART#: _____ DR: _____

DATE: _____ ESTIMATED ARRIVAL TIME: _____

FACILITY:	LOCATION:	FACILITY:	LOCATION:
NWFL GASTRO CENTER	204-B EAST 19 TH STREET	SACRED HEART - PORT ST. JOE	ADMISSIONS
BAY MEDICAL CENTER	WEST TOWER - 2 ND FLOOR	DESTIN SURGERY CENTER	HWY. 98 DESTIN
GULF COAST MEDICAL CENTER	OUTPATIENT SURGERY CENTER	NWFL SURGERY CENTER	767 AIRPORT ROAD
JACKSON HOSPITAL	MAIN (FRONT) ENTRANCE		

Arrange a ride: You will be given medication that makes you relax and be sleepy. Please make arrangements for a family member or friend to drive you home following your procedure. Anticipate 3 to 4 hours stay at facility. **You will not be allowed to drive yourself home or take a taxi.**

Do these things 3 DAYS BEFORE the procedure:

- ☞ Have Suprep prescription filled at your pharmacy.
- ☞ Purchase over-the-counter Milk of Magnesia or Magnesium Citrate
- ☞ Stop taking Vitamin E, ginko, ginger, Fish Oil and/or garlic
- ☞ Stop taking the following medications:
 - or related NSAIDS (for example: Bufferin, Ecotrin, Aleve, Naprosyn, Motrin, Ibuprofen, Sulindac.)
- IRON: iron and iron-containing vitamins and medications.
- FIBER SUPPLEMENTS: such as Metamucil, Fibercon, Citrucel, etc.
- ☞ **TYLENOL** or Acetaminophen is okay.
- ☞ Begin a low-residue (soft) diet. See attached sheet.

Do these things 2 DAYS BEFORE the procedure:

- ☞ Start a clear, LIQUID diet. A liquid diet can include: Juices (apple, white grape and cranberry); Broths (beef and/or chicken); Soda Pop; Tea and coffee without milk; Gatorade; Kool-Aid and various Jell-O flavors (any color except red or purple). **Avoid:** Juices with pulp, milk, cream and/or solid food.
- ☞ 5:00 p.m. - Take 2 oz. of Milk of Magnesia or 1/2 bottle of Magnesium Citrate.
- ☞ **IF DIABETIC**, see attached sheet.

To help prevent dehydration, it is important to drink plenty of liquids before, during and after the colon-prep.

The DAY BEFORE the procedure: *DO NOT EAT ANY SOLID FOODS*

If you are scheduled at Northwest FL Gastro Center, expect a call confirming your appointment and FINAL arrival time

- ☞ Continue on Liquid diet (see previous day)
- ☞ 6:00 p.m. - Pour one 6oz bottle of Suprep liquid into the mixing container. Add cold water to the 16oz line on container and mix. Drink all of the liquid from container.
- ☞ You **MUST** drink an additional 32oz (two containers) of water over the next hour. You may drink clear liquids until midnight.

To help prevent dehydration, it is important to drink plenty of liquids before, during and after the colon-prep.

The DAY OF the procedure: *DO NOT EAT*

- ☞ Four (4) hours before your arrival time, pour the remaining bottle of Suprep liquid into the mixing container. Add cold water to the 16oz line on container and mix. Drink all of the liquid from container.
- ☞ You **MUST** drink an additional 32oz (two containers) of water over the next hour.

TAKE blood pressure, heart, seizure, breathing, anti-reflux, thyroid, and/or mental health medications as prescribed, one hour prior to arrival, with no more than 2oz of water. ****DO NOT EAT****

Bring with you to your procedure: Picture I.D., Insurance Card(s), a list of your current medications, and a contact number for your ride.