SUPREP INSTRUCTIONS

You should arrive for your procedure(s) at:

DATE: _____________________
TIME: ______________Check-in

Your procedure has been scheduled with: □ Dr. Son Do □ Dr. Samuel Sim □ Dr. Charles Hames

Your procedure has been scheduled at:

☐ Advanced Gastroenterology, PLLC
2415 NE 134th Street, Suite 205
Vancouver, WA 98686
360-576-5060

☐ Legacy Salmon Creek Hospital
Special Procedures/Surgery-2nd Floor
2211 NE 139th Street
Vancouver, WA 98686
360-487-1830

☐ PeaceHealth SW Medical Center
Short Stay Unit
400 NE Mother Joseph Place
2nd floor, 5th Street Entrance
Vancouver, WA 98664
360-514-2895

DAY BEFORE COLONOSCOPY: __________/___________

1. ONLY CLEAR LIQUIDS may be taken the day before your exam:
   • You may have sport drinks, clear juices, soup broth, jello, or popsicles.
   • Coffee is okay but with NO cream
   • DO NOT drink milk or alcoholic beverages
   • NO RED OR PURPLE LIQUIDS

2. At 7 PM on the evening before procedure complete step 1 through 4 using one (1) 6-ounce bottle before going to bed:

   Step 1. Pour ONE (1) 6-ounce bottle of SUPREP liquid into mixing container.
   Step 2. Add cool drinking water to the 16-ounce line on the container and mix.
   Step 3. Drink ALL the liquid in the container.
   Step 4. You MUST drink a minimum of two (2) 16-ounce containers of water over the next 1 hour.

MORNING OF COLONOSCOPY: __________/___________

1. At ________ AM repeat steps 1 through 4 using the other 6-ounce bottle.

2. At ________ AM you CANNOT have anything else to drink, NOT EVEN WATER.
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IMPORTANT Concern for your safety makes us insist you have someone to drive you home. If you have not arranged for a driver, the procedure will be postponed. Your driver will need to come into the Endoscopy Center to pick you up. Taxi or C-Van is not allowed unless you are escorted by a friend or family member. You will not be allowed to drive for 24 hours.

**Allowed Medications:**
Medications you take for the following conditions should be continued as usual on the day of the procedure. These should be taken with a small amount of water, 4 hours before your arrival time.

- Heart Problems
- High blood pressure
- Fluid retention
- Female hormones
- Thyroid disorder
- Depression or anxiety
- Asthma/emphysema
- Stomach ulcer or excess acid
- Seizure disorder

**NOT Allowed Medications:**
- Plavix
- Iron Supplements – Stop 5 days prior to your procedure

**Special Instructions for Coumadin/Diabetic Medications:**

- **Coumadin/Plavix:**
  Your last dose should be taken on ________________.
  At the time of your procedure, your doctor will tell you when to restart the Coumadin/Plavix.

- **Diabetic Pills:**
  Do not take your diabetes pills the day of your procedure. You can take ½ the dose of your diabetes pills the day before the procedure.

- **Insulin:**
  On the day before your test: Take your regular dose in the morning.
  That night, take ½ your regular dose.

  On the day of your test: **Do not take any insulin. Make sure to take your blood sugar that morning and report it to the nursing staff as they prepare you for your procedure.**