



Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Date of Exam: \_\_\_\_\_

## Colonoscopy Pre and Postoperative Instructions

### SUPREP

**Please contact your facility to pre-register**

Mat-Su Regional Hospital at (907) 861-6858

Susitna Surgery Center: (907) 861-6540

The facility does not schedule the times for the colonoscopies until the day before.

Someone from the hospital/surgery center will call you the afternoon before the colonoscopy with the time to arrive at the hospital. If you have not heard from them, you may call our office at the number above, after 2:30 pm the day before your scheduled procedure for the time of arrival. Read all instructions before beginning your prep.

**Please arrange a ride with a family member (18+) or close friend from the hospital/surgery center. You must have a ride to take you home, no public transportation allowed unless you are still accompanied by another responsible adult (not the cab driver).**

### Special Instructions/Medications to Hold:

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#### Five Days Before Your Colonoscopy (Prep Day)

To ensure a clean colon for a successful procedure, avoid high-fiber foods 5 days before your colonoscopy. Key items to avoid include nuts, seeds (sesame, chia, flaxseed), popcorn, whole grains (brown rice, quinoa, oatmeal, bran, granola), raw vegetables, beans, and fruits with skins or seeds. Opt for low-fiber, white-flour products, cooked vegetables, and tender meats instead.

#### One Day Before Your Colonoscopy (Prep Day)

- Upon waking, begin a clear liquid diet.
- The entire day you may have clear liquids ONLY, NO SOLID FOOD!
- DO NOT EAT OR DRINK ANYTHING RED OR PURPLE

**Clear liquids allowed are as listed:** coffee, tea, water-either carbonated or regular, Gatorade (no red or purple), clear sodas (sprite/ginger ale), and clear juices (apple, pear, white grape), Jell-O (without fruit chunks), clear soups (bouillon or broth), sugar, and artificial sweeteners.

**NOT ALLOWED ON A CLEAR LIQUID DIET:** Milk, cream, soymilk equivalent, artificial creamer. Juices with pulp like orange, grapefruit, pineapple, tomato, V-8, and alcohol are NOT allowed.

**IF YOUR ARRIVAL TIME IS 10AM OR BEFORE, YOUR FIRST PREP DOSE IS AT 4PM AND YOUR SECOND PREP DOSE IS AT 9PM**

**If arrival is after 10am please follow the times as written below.**

Shannon Gulley, M.D., F.A.C.S. • Kaitlin Peace, M.D., F.A.C.S

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### 1<sup>st</sup> Prep Dose

- **At 5 pm**, it's time to prepare and drink some of your SUPREP® mixture.
- **After 6 pm** please continue your clear liquid diet over the course of the evening to remain hydrated. **You may continue these clear liquids up until you start your second dose.**
- **Step 1** - Pour one 6-ounce bottle of SUPREP liquid into the 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 two more 16-ounce containers of water over the next hour.

### 2<sup>nd</sup> Prep Dose

- Start at 5 to 8 hours prior to the arrival time but no sooner than 4 hours from when you started dose 1 prepare and drink more of the SUPREP mixture.
- **Step 1** -Pour the remaining 6-ounce bottle of SUPREP liquid into the 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 two more 16-ounce containers of water over the next hour.
- **AFTER COMPLETING THIS DOSE, NOTHING TO DRINK EXCEPT WATER UNTIL 3 HOURS PRIOR TO YOUR ARRIVAL TIME. NOTHING TO PASS THROUGH YOUR LIPS STARTING 3 HOURS PRIOR TO YOUR ARRIVAL TIME.**

### Note

- **You must be finished drinking the SUPREP mixture, the two 16-ounce containers of water, and any additional water three hours prior to your scheduled arrival time.**
- A bowel movement will usually occur within an hour after the first glass of the SUPREP mixture. Do not worry if this does not happen for three to four hours. Everyone is different.
- Watery and frequent bowel movements will occur until the bowel is fully cleansed.
- The end result should be clear or pale, colorful (typically yellow) liquid stool.
- Refrain from taking oral medications within 1 hour of starting each dose, they will not be absorbed properly.
- Refrain from taking any other laxatives while using this prep.
- If you experience preparation-related symptoms of nausea, bloating, or cramping, then you should pause or slow the rate of drinking the additional water until your symptoms diminish.

### **After your Colonoscopy**

- We suggest you relax and take a nap. You may eat if you are not feeling sick to your stomach.
- We recommend you eat something light, avoid fried foods, fatty foods, and large quantities of food.
- It usually takes 1-2 days for a normal bowel movement to return. Some cramping or bloating is normal. The best way to get rid of the cramping is by passing air or gas (farting or burping).
- Call us right away for:
  - Severe or new onset abdominal pain that doesn't improve by passing gas.
  - Rectal bleeding that turns the entire toilet bowl red (more than half of a cup).
  - Fever greater than 101.5 F or chills, or severe dizziness, fainting or chest pain.
  - Vomiting blood, black or coffee ground looking material.

I have read and understand the above instructions.

\_\_\_\_\_  
Date:

\_\_\_\_\_  
Patient / Guardian

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# SUPREP

Day before your colonoscopy

Upon waking, begin a clear liquid diet.

**Not allowed:** milk, cream, soymilk, juices with pulp (OJ, grapefruit, pineapple, tomato), red and purple liquids.

**Allowed:** coffee, tea, water, gatorade (no red or purple), clear sodas, clear juices (apple, pear, white grape), clear soups (bouillon or broth), sugar, artificial sweetener.

At **5 pm** begin your first dose. You may continue clear liquids until your second dose.

**5-8 hours** prior to procedure, but no sooner than 4 hours from starting first dose, start your second dose.

AFTER SECOND DOSE NOTHING TO DRINK EXCEPT WATER

NOTHING TO PASS THROUGH YOUR LIPS AFTER COMPLETING SECOND DOSE. YOU MUST BE FINISHED WITH THE PREP AND ANY CLEAR LIQUIDS 3 HOURS PRIOR TO ARRIVAL TIME.

Is your arrival time 10 am or earlier?

No

Yes

At **4 pm** begin your first dose. You may continue clear liquids until your second dose.

At **9pm** start your second dose

AFTER SECOND DOSE NOTHING TO DRINK EXCEPT WATER

NOTHING TO PASS THROUGH YOUR LIPS AFTER COMPLETING SECOND DOSE. YOU MUST BE FINISHED WITH THE PREP AND ANY CLEAR LIQUIDS 3 HOURS PRIOR TO ARRIVAL TIME.

Each Dose:

1. Pour one 6-ounce bottle of SUPREP liquid into the mixing container.
2. Add cool drinking water to the 16-ounce line on the container and mix.
3. Drink all the liquid in the container.
4. You **MUST** drink two more 16-ounce containers of water over the next hour.