

Patient Name: _____

Arrival Time: _____ Date of Procedure: _____

Location: **Hillandale Outpatient Surgery Center, 5900 Hillandale Drive,
Suite 335, Lithonia, GA. 30058**

SUPREP--- Bowel Prep Instructions

You will be given a prescription for the SUPREP laxative prep kit which includes:

2 (two) 6-ounce (177ml) bottles of liquid bowel prep; 1 (one) 16-ounce mixing container

THE DAY BEFORE YOUR PROCEDURE: Date: _____ Day: _____

- o May have light breakfast---Before 9am
- o ***ONLY*** Clear Liquids ***after 9am*** on the day BEFORE the procedure. (see list below)
- o ***MUST DRINK AS MUCH FLUID AS POSSIBLE DURING THE DAY TO PREVENT DEHYDRATION***

At 6 PM: Begin following steps 1 through 4

- Step 1---Pour one (1) 6 ounce bottle of SUPREP liquid into the mixing container
- Step 2---Add cool (cold) drinking water to the 16-ounce line on the container and mix
- Step 3---Begin drinking ALL the liquid in the container
- Step 4---You must drink two (2) more 16 ounce containers of water over the next hour (***i.e. 4(8oz) every 15 min, 2 (16oz) every 30 min***). ***You may also use the 16.9oz bottled water***

THE DAY OF YOUR PROCEDURE: _____nd

- o ***At least eight (8) hours before your procedure*** Start 2 dose at: _____ AM
repeat the steps 1 through 4 as above using the other six (6) ounce bottle. Finish By: _____
- o ***NOTHING BY MOUTH UNTIL AFTER YOUR PROCEDURE IS COMPLETED THIS INCLUDES:
WATER, GUM, CANDY, MINTS***

TO ALL PATIENTS:

- ☐ Stop all blood thinners such as ***Coumadin, Aspirin, Plavix, and Xarelto*** as instructed (see reverse)
- ☐ If you take heart, blood pressure, or seizure medication routinely – it is okay to take this medication – ***3 hours*** prior to your procedure with ***a sip*** of water. (***Just enough water to swallow the pill!!!!***) _____ AM
- ☐ Insulin—take ½ dose the night before your procedure. ***DO NOT*** take any insulin the morning of the procedure.
- ☐ Oral glucose medication—DO NOT TAKE
- ☐ Stop all fiber and iron supplements one week prior to the procedure.
- ☐ NO nuts or seeds for three (3) days prior

ABSOLUTELY NOTHING TO EAT OR DRINK BY MOUTH SIX (6) HOURS BEFORE YOUR PROCEDURE.

***** The instructions below are for your safety.*** Please read them thoroughly. You will receive anesthesia for this procedure. If your stomach is not empty when you receive anesthesia it may put you in unnecessary danger therefore it is very important that you follow instructions.

- o You ***MUST*** have a ride home that is present with you at the time of your procedure ***AND*** for the duration of your procedure. Your ride home ***MUST be present*** inside the office suite and may ***NOT*** leave or your procedure will be rescheduled. Your ride home should anticipate being on the premises for approximately 2 hours.

You may ***NOT*** take a cab service home because you will be under the influence of anesthesia. If you do not have a ride to accommodate this policy then we can connect you with a medical transport company who will drive you for a fee.**

Initials

****No Ride = No Procedure****

Patient Name:

If you are taking any of the following “blood thinners” please discuss with your prescribing doctor about holding the medication before the procedure and whether you need to be put on a different (bridging) medicine in the meantime.

Name	How many days before the procedure to hold medication	How many days after the procedure to restart the medicine
Pradaxa (Dabigatran)	2	2-5 days if polyps removed
Xarelto (Rivaroxaban)	2	2-5 days if polyps removed
Eliquis (Apixaban)	2	2-5 days if polyps removed
Savaysa (Edoxaban)	2	2-5 days if polyps removed
Plavix (clopidogrel)	5	2-5 days if polyps removed
Brilinta (ticagrelor)	5	2-5 days if polyps removed
Effient (prasugrel)	7	2-5 days if polyps removed
Zontivity (vorapaxar)	5	2-5 days if polyps removed
Aspirin	5	2-5 days if polyps removed

_____ **Initials**

What are Clear Liquids?

Water, plain or flavored. Standard or sparkling.
Drinks made from powdered drink mixes (such as Kool Aid and Crystal Light - no red or green)
Fruit juices – apple or grape
Lemonade - no pulp
Broth (bouillon or consommé) – beef, chicken or vegetable
Carbonated beverages without red dye
Plain gelatin – lemon or orange
Sports drinks without red dye
Popsicles without fruit pulp – banana, lemon or orange (No red)
Tea or coffee without creamer
Sugar or sugar substitute
Honey