

Procedure Location

Bend Surgery Center
1303 NE Cushing Drive
Suite 200
Bend, OR 97701
541-318-0858

St. Charles Hospital MDU
2500 NE Neff Rd
Bend, OR 97701
541-382-4321

PATIENT NAME:

DATE & TIME:

PHYSICIAN:

PRESCRIPTION:

COLONOSCOPY PREPARATION WITH SUPREP

- A nurse from the procedure center will be contacting you prior to your procedure for a brief interview.
- **You must have a responsible adult drive you home after your procedure and stay with you for the remainder of the day. (You cannot use a taxi or Dial-a-Ride).**

ONE WEEK PRIOR TO THE PROCEDURE

- **If you are taking Coumadin or any blood thinners such as Plavix or Aggrenox you must contact your doctor. DO NOT STOP this medication unless this was cleared by your physician.**
- Stop taking anti-inflammatories or any products containing Ibuprofen one week prior to your procedure.
- Stop taking Fish Oil, Iron tablets and Vitamin E one week prior to your procedure.
- You may take Tylenol if needed.

3DAYS PRIOR TO PROCEDURE

- **Avoid the following foods:**
Foods with seeds (etc poppy seeds, bread with seeds)
Nuts
Salads (Lettuce, kale, spinach)
Corn
Beans
Nonfat potato chips with olestra
Quinoa

DAY PRIOR TO THE PROCEDURE

- **CLEAR LIQUIDS ONLY** (see clear liquid diet page two). **This means no solid food from the time you wake up. It is important to drink plenty of clear liquids this day.**

- At 6pm you will pour 1 bottle (6oz) of the SUPREP into the mixing container. Add cool drinking water to the 16oz line on the container and mix. Drink ALL the liquid in the container.
- Drink two more 16oz containers of water over the next hour.

DAY OF THE PROCEDURE

- 5 hours prior to the start of your procedure pour 1 bottle (6oz) of the SUPREP into the mixing container. Add cool drinking water to the 16oz line on the container and mix. Drink ALL the liquid in the container. Drink two more 16oz containers of water over the next hour.
- You may have clear liquids up until four hours prior to the start of your procedure; then absolutely nothing by mouth (this includes gum and hard candy).
- If you are taking Insulin, take ½ of your usual morning dose, or check with your primary care physician for appropriate instructions. Take blood pressure and heart medications with a sip of water on the morning of your procedure, otherwise nothing in by mouth for four hours prior to your scheduled time.
- Your scheduled procedure time is subject to change.

CLEAR LIQUID DIET

FOOD ALLOWED

- CLEAR BROTH (CHICKEN, BEEF, VEGETABLE)
- TEA OR COFFEE WITHOUT CREAMER
- FLAVORED GELATIN (JELLO)-**NOT RED OR PURPLE**
- JUICE WITHOUT PULP
- SODA
- GATORADE
- POPSICLES (**NO RED**)

FOODS NOT ALLOWED

- PULP JUICES
- DAIRY PRODUCTS
- ALCOHOL
- **ANY RED LIQUIDS**

ALL CANCELLATIONS REQUIRE 72 HRS NOTIFICATIONS.

Any questions concerning your bowel preparation, please contact the Gastroenterology Department at Bend Memorial Clinic at 541-706-6490.