

AMEENA ANEES, MD
(660) 263-2400
SUPREP BOWEL PREPARATION FOR COLONOSCOPY
INSTRUCTION SHEET

A **successful colonoscopy** requires that the colon be completely free of all stool material. **SUPREP** is a product that, when properly taken by mouth, rapidly cleanse the bowel by causing a watery diarrhea.

You must take **SUPREP** as instructed to achieve proper cleaning for your colonoscopy exam. If your colon is not clean, the examination may need to be rescheduled and you may have to undergo a second bowel preparation.

5-7 DAYS BEFORE YOUR COLONOSCOPY

Stop taking pills that contain **iron, aspirin, and anti-inflammatory pain medications** (such as Motrin, Advil, Nuprin, Ibuprofen, Naprosyn, and Clinoril). If you are taking blood thinners, please consult your primary care physician, or the physician who manages that medication, for specific instructions as to when to stop taking these medications. If you take **COUMADIN or other blood thinners**, please arrive ONE HOUR early to your scheduled appointment to allow time for blood to be drawn and results to be obtained.

Please notify the office at 660-263-2400 if you have an artificial heart valve, or if you have been told by a previous physician to **take antibiotics prior to dental or surgical procedures**. You may need to receive antibiotics intravenously prior to your colonoscopy.

YOU MUST ARRANGE FOR A RIDE HOME AFTER YOUR COLONOSCOPY. You should not drive or operate machinery for eight hours after the colonoscopy, because the sedation or anesthetic medication you receive for the examination may impair your judgment.

Please take time to read all of these instructions several days prior to your colonoscopy.

ONE DAY BEFORE YOUR COLONOSCOPY

UPON RISING

Start clear liquid diet. You may take such items as:

Water	Coffee (no cream or milk)
Jell-O – NOT RED	Tea (no cream or milk)
Soda pop – diet or regular	Juices – apple, white grape
Kool-Aid – NOT RED	Popsicle – NOT RED
Broth – vegetable, beef, chicken (heat up chicken noodle soup, then strain out the chicken and noodles – you can then drink the broth).	

It is very important to keep yourself well hydrated. Take as much fluid (AT LEAST 8 OUNCES EVERY HOUR) throughout the day as possible.

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6:00 PM

- 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 2 MORE 16-OUNCE CONTAINERS of WATER** over the next HOUR.

If you experience any discomfort, nausea, or bloating, stop drinking temporarily until the symptoms disappear, then resume drinking the rest of the mixture.

You **MAY** resume the **CLEAR LIQUID DIET** after drinking **SUPREP** and **two** 16-ounce containers of water.

5:00 AM ON THE DAY OF YOUR EXAM

- 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 2 MORE 16-OUNCE CONTAINERS of WATER** over the next HOUR.

WHEN FINISHED WITH SUPREP AND 2 CONTAINERS OF WATER, DO NOT DRINK ANYTHING ELSE UNTIL AFTER YOUR PROCEDURE.

EARLY AM OF YOUR COLONOSCOPY

Medications, such as high blood pressure pills and heart pills, as well as seizure medications, **MAY** be taken with a **SIP** of water. **Oral diabetic medications may NOT be taken.** If you take insulin injections, you may take **HALF** of a dose that morning. Please inform us so that we may adjust your dose or stop the medication.

Please bring any **asthma inhalers** you currently use with you.

DATE OF APPOINTMENT _____

TIME OF APPOINTMENT _____

Please be sure to arrive _____ minutes prior to the time of our colonoscopy.

If you are unable to keep your appointment or wish to change the date, as a courtesy to other patients, we ask that you call (660) 263-2400 to inform us **THREE DAYS** in advance.

ENDOSCOPY CENTER: Your colonoscopy will be performed at the Columbia Endoscopy Center, 208 Portland Street, Columbia, MO 65201. Phone: (573) 449-3500.

BRING A LIST OF YOU MEDICATIONS WITH YOU, AS WELL AS YOUR INSURANCE CARDS AND PHOTO ID.

QUESTIONS OR PROBLEMS: If you have questions or problems during office hours, please call (660) 263-2400 and after hours, please call (660) 263-8400 and ask them to contact Dr. Anees.