



Jordan & Associates

GASTROENTEROLOGY, P.A.

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Double Prep with SuPrep

The day before your colonoscopy: _____

- **Clear liquid diet all day** – Drink plenty of clear liquids all day
- Take your first dose of SuPrep with 16oz of water at 8am, Drink 2 more 16 oz. cups of water.
- Take your second dose of SuPrep with 16oz of water at 5pm, Drink 2 more 16 oz. cups of water.

Diabetics: Take a half dose of your morning insulin, no evening dose and **no diabetic pills.**

- Do not drink anything after midnight except for your bowel prep and water for bowel prep
- Please follow these instructions carefully to ensure adequate preparation of your colon.

The day of your colonoscopy: _____

- Take your third dose of SuPrep with 16oz of water at _____ am, Drink 2 cups of water over the next hour.
- Bring all medications with you on the morning of the procedure
- Arrange for a driver to come with you the morning of the procedure. The driver must stay at the office and is not allowed to leave.
- Please understand if you eat or drink (other than your prep) the morning of your procedure or do not have a driver, your procedure will be canceled and you will be subject to a \$200.00 late cancellation fee.
- The only medication you should take the morning of your procedure are heart and blood pressure medications with a small sip of water.
- If you need to cancel/reschedule your appointment, 48 hours' notice is required to avoid a late cancellation fee of \$200.00.
- While our goal is for this procedure to move along as quickly as possible. We do run into that difficult cases from time to time and that requires Dr. Jordan to spend additional time with the patient. Therefore, we do ask that you please allow 2-3 hours from start to finish for your scheduled procedure.

Appointment Date & Time: _____

Double SuPrep Prep for Colonoscopy

Your Procedure:

You are scheduled for a colonoscopy, a procedure in which a doctor examines the lining of your large intestine by looking through a flexible tube called a colonoscope. If growth or other abnormalities are found during the procedure, the doctor may remove the abnormal tissue for closer examination or biopsy.

Procedure Date: _____

Arrival Time: _____ Procedure Time: _____

YOUR BOWEL PREP IS EXTREMELY IMPORATNT! PLEASE READ INSTRUCTIONS CAREFULLY.

1 Week Prior	2 Days Prior	1 Day Prior	Procedure Day
<ul style="list-style-type: none"> ➤ <u>Purchase</u> the following: <ul style="list-style-type: none"> -Suprep Bowel Prep Kit (prescription from Dr. Jordan) -Clear liquids for procedure (no red or purple-see list for clear liquid choices) ➤ Optional-for sore bottom: <ul style="list-style-type: none"> -Plain or Aloe Baby Wipes -Desitin or A&D ointment ➤ Arrange for a responsible adult to stay with you during the procedure and take you home post-procedure. ➤ If you take fiber supplements or medications containing iron <u>discontinue</u> those 7 days before your appointment. This includes multi-vitamins with Iron and Fish Oil. ➤ You may <u>continue</u> your "baby" aspirin and regular aspirin. Let us know if you are on Plavix, Coumadin, or other blood thinners. 	<ul style="list-style-type: none"> ➤ Last Chance to cancel your appointment without being charged a late cancellation fee. Call your physician's office at the number below if you need to reschedule your procedure or if you have any questions: 919-938-4404 ➤ Drink at least 4 large glasses of water throughout the day. <div style="text-align: center;">  </div> <p style="text-align: center;">NO SOLID FOODS AFTER MIDNIGHT!</p> <p style="text-align: center; background-color: yellow;">NOTE* YOU WILL ONLY NEED 3 BOTTLES OF SUPREP FOR YOUR PROCEDURE. PLEASE DISCARD THE 4TH BOTTLE.</p>	<ul style="list-style-type: none"> ➤ Begin clear liquid diet. ➤ 8am- Pour 1 six (6) oz. bottle of SuPrep liquid into the mixing container. Add cold water to the 16oz line on the container. Drink 2 more cups (16) oz. of water over the next 1-2 hours. <div style="text-align: center;">  </div> <ul style="list-style-type: none"> ➤ 5pm- Pour 1 six (6) oz bottle of SuPrep liquid into the mixing container. Add cold water to the 16oz line on the container. Drink ALL of the liquid. ➤ 6-7pm: Drink 2 more 16 oz containers of cool/cold water over the next hour. <p>If you experience nausea or vomiting take a 15-30-minute break, then continue drinking prep solution.</p> <ul style="list-style-type: none"> ➤ The taste of the solution may be improved by putting a piece of hard candy/mint in your mouth while drinking the prep 	<p style="text-align: center;"><u>2nd Part of Split Prep</u></p> <ul style="list-style-type: none"> ➤ Begin at _____ am: Pour 1 six (6) oz bottle of SuPrep liquid into the mixing container. Add cold water to the 16 oz line. Drink ALL of the liquid. ➤ Drink 2 more 16 oz containers of the cool/cold water over the next hour. (NOTE: This should be completed at least four hours prior to your procedure). ➤ After your prep, the results should appear <u>clear yellow or clear green</u> liquid with <u>no solid matter</u>. If not, please call our office. ➤ <u>NOTHING by mouth before your scheduled procedure-including gum, tobacco, hard candy/mints etc.!</u> ➤ You may take your essential morning medications with a few small sips of water. ➤ Be sure to bring the following: <ul style="list-style-type: none"> -A responsible driver to stay with you and drive you home. Your procedure will not start without your driver present. -Insurance cards, Driver's License, Photo ID, and co-payment