LITTLE ROCK DIAGNOSTIC CLINIC

10001 Lile Drive, Little Rock, AR 72205 501-227-8000 Dr. Terence Angtuaco

COLONOSCOPY INSTRUCTIONS

Important things to know:

- 1. 5 days before the procedure DO NOT TAKE the following: aspirin, ibuprofen, Aleve, salsalate, Celebrex, iron or iron-containing supplements, vitamin E or vitamin E-containing supplements, Warfarin (Coumadin), Plavix or any medications that are considered blood thinners.
- 2. 24 hours before the procedure DO NOT TAKE the following: fiber supplements such as Metamucil, Konsyl, Fibersure, Benefiber, or Fibercon.
- 3. If you have any chronic medical conditions that require continuous medications, please ask your doctor before stopping these medications.
- 4. If you take necessary medications such as blood pressure medications, please take them with only a sip of water first thing in the morning; otherwise, please wait to take all other morning medications until after your procedure.
- 5. YOU MUST BRING A DRIVER WITH YOU. ALL PATIENTS WILL BE SEDATED AND IF NO ONE COMES WITH YOU TO DRIVE YOU HOME, THE PROCEDURE CANNOT BE PERFORMED AND WILL BE RESCHEDULED.
- 6. Colon preparation affects everyone differently so you may want to bring an extra set of clothes and a towel with you in case of accidents, especially if traveling a long distance.

PREPARATION INSTRUCTIONS

The day before the procedure:

- 1. Clear liquids only, NO SOLID FOODS.
- 2. Drink at least three 8-ounce portions of clear liquids during the day. You may drink more if desired.
- 3. DO NOT eat or drink anything after midnight.
- 4. DO NOT eat or drink anything before the procedure on the day of the exam. You may go back to your normal diet after the procedure.

CLEAR LIQUID DIET

Clear liquids are any liquid that you can see through. Examples include the following:

- Water
- Tea (can add sugar or sweetener)
- Gatorade
- Soft drinks (any kind)
- Clear fruit juice
- Kool-Aid
- White grape juice

- Popsicles
- Apple Juice
- Jell-O
- Lemonade
- Bouillon cubes dissolved in water
- Black coffee (can add sugar or sweetener)

DO NOT DRINK: Milk or mild products, vegetable juices with pulp, or liquids that are colored red or purple.

You may call 501-221-5824 and the nurse will address any questions or concerns that you may have.

Date of procedure:	Arrive at:	AM/PM
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Your procedure will be perfo	rmed by voctor:	

SUPREP' BOWEL PREP KIT

(sodium sulfate, potassium sulfate and magnesium sulfate) Oral Solution



(17.5g/3.13g/1.6g) per 6 ounces

On the day before your procedure...

What You CAN do:

 You may have a light breakfast or have clear liquids ONLY; please have nothing for dinner

What You CANNOT do:

- DO NOT drink milk
- DO NOT eat or drink anything colored red or purple
- DO NOT drink alcoholic beverages

Any of the following liquids are OK to drink:

- · Water
- Strained fruit juices (without pulp) including apple, orange, white grape, or white cranberry
- Limeade or lemonade
- Coffee or tea (DO NOT use any dairy or non-dairy creamer)
- · Chicken broth
- Gelatin desserts without added fruit or topping
 (NO RED OR PURPLE)

Note:

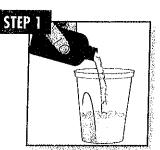
- SUPREP Bowel Prep Kit is indicated for cleansing of the colon as a preparation for colonoscopy in adults
- Be sure to tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. SUPREP Bowel Prep Kit may affect how other medicines work
- Medication taken by mouth may not be absorbed properly when taken within 1 hour before the start of each dose of SUPREP Bowel Prep Kit
- The most common adverse reactions after administration of SUPREP Bowel Prep Kit were overall discomfort, abdominal distention, abdominal pain, nausea, vomiting, and headache
- If you have any questions about taking SUPREP Bowel Prep Kit, call your doctor

To learn more about this product, please call 1-800-874-6756 or visit our Web site at www.suprepkit.com

SUPREP Bowel Prep Kit is a split-dose (2-day) regimen. Both 6-ounce hottles are required for a complete prep.

FIRST DOSE: Begin Step 1 at _______PM the evening before your procedure and proceed as shown below:

You must complete Steps 1 through 4 using one (1) 6-ounce bottle before going to bed:

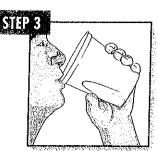


Pour **ONE** (1) 6-ounce bottle of SUPREP liquid into the mixing container.



Add cool drinking water to the 16-ounce line on the container and mix.

NOTE: Dilute the solution concentrate as directed prior to use.



Drink **ALL** the liquid in the container.



You must drink two (2) more 16-ounce containers of water over the next 1 hour.

SECOND DOSE: Begin Step 1 at _

your procedure and proceed as shown above:

For this dose, repeat Steps 1 through 4 shown above using the other 6-ounce bottle.

NOTE: You **must** finish drinking the final glass of water at least 2 hours, or as directed, hefore your colonoscopy.

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