

PLEASE NOTE

A pre-admission testing nurse may call you with an updated arrival time one to three days before your procedure. If you have any questions regarding your upcoming procedure, preparation instructions, or have had any major health changes since your last visit with us, please contact the office at **270.979.2583** and select the appropriate option for your provider. We ask that you give our office at least one week's notice if you need to cancel or reschedule this procedure.

Name

Date of Procedure

Estimated arrival time *(subject to change)*

NOTES _____



YOUR COLONOSCOPY SUPREP® PREPARATION

Financial Considerations

You have been scheduled for a procedure at Baptist Health Hardin. Prior to your procedure, the Baptist Health Financial Clearance Center will verify your insurance benefits, obtain any required authorizations, and then reach out to you to review your coverage. If any personal financial responsibility remains once insurance pays, the Financial Clearance Center will be able to explain the estimate to you in terms of coinsurance, co-pays, deductibles, etc. You will have the opportunity to make a payment over the phone, in person the day of your procedure, and/or set up a payment plan.



Baptist Health Hardin
Outpatient Surgery and Endoscopy Center
Entrance C

913 North Dixie Ave., Elizabethtown, KY 42701

   [BaptistHealth.com/Hardin](https://www.BaptistHealth.com/Hardin)





SUPREP® COLONOSCOPY PREP



The colonoscopy prep was sent to your pharmacy at the time of your visit or phone call. Please pick it up as soon as possible to ensure it is not returned to the shelf and there is no delay with your procedure.

DAY BEFORE YOUR PROCEDURE

You will be on a clear LIQUID diet from the time you wake up until as late as midnight. It is important that you drink large amounts of liquids to keep you hydrated and to assist the prep in cleansing your colon.

Clear Liquid Diet Includes the Following:

- Chicken, beef or vegetable broth or bullion.
- Coffee or tea - **without** milk or creamer.
- Soft drinks, Kool-Aid®, Gatorade®, Tang®, Crystal Light®, lemonade, fruit juices - **without pulp**.
- Gelatin, Jell-O®, popsicles, Italian ice - **NO ice cream, pudding, applesauce, yogurt or fruit**.
- **DO NOT:** drink anything **RED/PURPLE**, drink **ALCOHOL** or drink any **DAIRY** products.
- You may continue to drink any of the above clear liquids until midnight. After midnight you may have prep and plain water **ONLY**.

TAKING SUPREP® COLON PREP

It is important that you follow the below split-dosage prep instructions **EXACTLY** as written and **NOT** the instructions received from the pharmacy.

First Dose:

Beginning at 6 p.m. on the day before your colonoscopy, complete steps 1-4.

You may continue the clear liquid diet until midnight. After midnight, you may only have plain, unflavored water.



STEP 1

Pour ONE 6-ounce bottle of SUPREP liquid into the mixing container.



STEP 2

Add cold drinking water to the 16-ounce line on the container and mix. NOTE: Dilute the solution concentrate as directed prior to use.



STEP 3

Drink ALL the liquid in the container.



STEP 4

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

Second Dose:

On the morning of your procedure, beginning 4 hours prior to your arrival time:

Repeat steps 1-4 as shown above within one hour.

You may continue to drink plain, unflavored water up to two hours prior to your arrival time. **If you are diabetic and need to regulate your blood sugar, you may drink soda that is not red or purple.**

If you are experiencing bloating, nausea or abdominal pain from taking the colon prep, you may take over the counter Gas-X to help with these symptoms.

PREPARATION VISUAL GUIDE - How to know your prep is working



Dark and murky.

NOT OK



Brown and murky.

NOT OK



Dark orange and semi-clear.

NOT OK



Light orange and clear.

ALMOST THERE



Yellow and clear, like urine.

YOU'RE READY

How do you know if you are not clear and clean?

- Your last bowel movement should be clear with a yellow or green tint.
- The nurse may ask, "If you pretend to put a penny in the toilet, would you be able to see it?"

What happens if you are not clear and clean?

- You may have to drink additional prep solution, then wait at least two hours before your procedure can be performed.
- You may need to receive enemas, which are not always effective.
- The colonoscopy may need to be rescheduled for another day and you will have to repeat the entire preparation process.

DAY OF YOUR PROCEDURE



Please arrange for transportation to and from the hospital. Your designated driver must be at least 18 years of age. Allow 4-6 hours at the facility.



Bring your photo ID, insurance card, and all medication (in original bottles) that you take on a daily basis.