

Colorectal Surgical Associates

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Phone: 816-941-0800 Fax: 816-941-0080

Web address: csakc.com

Date/Time of Surgery:

Check in Time:

Doctor:

Location:

- 1) **TWO WEEKS BEFORE COLONOSCOPY:** Stop herbal and weight loss pills
- 2) **STOP THE FOLLOWING MEDICATIONS** (blood thinners/anticoagulants):
 - Warfarin (Coumadin)
 - Clopidogrel (Plavix)
 - Aspirin, Ibuprofen, Advil, Motrin, Aleve
 - Fish Oil
 - Multi Vitamins
 - Cardiotabs
 - Lovenox
 - Rivaroxaban (Xarelto)
 - Dabigatran (Pradaxa)
 - Apixaban (Eliquis)
 - Heparin
 - Enoxaparin
 - ALL HERBAL MEDS
 - Chondroitin, dan shen, feverfew, garlic tablets, ginger tablets, ginkgo, ginseng, and quilinggao

*******Our office would like for you to stop the above medications one week before surgery; however, you will need to call your prescribing doctor to find out exactly when they want you to STOP before surgery and when to start after surgery.*******

- 3) **Antibiotics:** If you require antibiotics before going to the dentist or for a heart murmur, valvular disease or joint replacement, please call the office at 816-941-0800 Option #2.
- 4) **Prep Items:**
 - PICK UP SUPREP BOWEL PREP KIT FROM YOU PHARMACY

PREP INSTRUCTIONS: ONE DAY BEFORE PROCEDURE

- 1) **STOP taking METFORMIN** (to decrease the risk of a problem called lactic acidosis.)

2) **You will be on CLEAR LIQUIDS all day long.**

- You may have hard candy.
- **NO SOLID FOOD.**
- Clear Liquids are: Black Coffee, Tea, Soda, all clear Juice, Gatorade, Popsicles, Jell-O, and Beef or Chicken Broth.
- **NOTHING RED OR PURPLE IN COLOR**
- **NO PULP IN JUICE OR POPSICLES**

3) FOLLOW THE SUPREP BOWEL PREP KIT INSTRUCTIONS ON THE NEXT PAGE.

If you experience severe pain or vomiting with the preparation, please call 816-941-0800 OPTION #3

DAY OF COLONOSCOPY:

- You may take **heart, lung, blood pressure, or seizure medicine with THE MORNING SUPREP BOWEL PREP KIT.** PLEASE LET THE NURSE THAT CHECKS YOU IN AT SURGERY KNOW WHICH MEDICINE YOU TOOK TODAY.
- **DO NOT EAT OR DRINK ANYTHING THIS MORNING AFTER YOU FINISH YOUR SUPREP BOWEL PREP KIT**

AFTER THE COLONOSCOPY:

- **YOU CANNOT DRIVE YOURSELF HOME.** YOU NEED TO HAVE SOMEONE DRIVE YOU HOME. YOU CANNOT TAKE PUBLIC TRANSPORTATION (BUS, TAXI, UBER ETC)!!!
- Someone should stay with you at least 12 hours after discharge from the hospital.
- On the day of the surgery you should not drive, use heavy machinery, or sign legal documents.

INSURANCE INFORMATION:

- All Insurance will be called by scheduling to ensure date of activation and obtain prior authorization (if required).
- For specific benefit information, including deductible, out of pocket, co-pay, or any other questions regarding insurance coverage, you will need to call the Customer Service Number on the back of your insurance card.
- There will be a separate fee for the hospital or surgery center and for the anesthesia department (for more information about this you will need to contact the billing department at your procedure location)

PLEASE CALL OUR OFFICE WITH ANY QUESTIONS (816-941-0800)

The day before your procedure you will be on a clear liquid diet all day.
ABSOLUTELY NO SOLID FOOD!

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

You MUST have a driver on the day of your procedure!

Please read the Full Prescribing Information and Medication Guide in the kit.

SUPREP[®]
BOWEL PREP KIT

(sodium sulfate, potassium sulfate and magnesium sulfate)
Oral Solution (17.5g/3.13g/1.6g per 6 ounces)



Split-Dose (2-Day) Regimen

1-Day before your scheduled procedure at 600pm. Follow Steps 1 through 4.

- On the evening before the procedure (or when your doctor tells you to begin) complete steps 1 through 4 using one (1) 6-ounce bottle before going to bed
- On the morning of your procedure, repeat steps 1 through 4 using the other 6-ounce bottle

Step 1

Pour **ONE** (1) 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

IMPORTANT

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

2-Morning of your scheduled procedure at 200am. Follow Steps 1 through 4.

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