

INSTRUCTIONS FOR COLONOSCOPY (with SUPREP)

You will have a colonoscopy on _____ at

DECATUR AMBULATORY SURGERY CENTER
2828 HWY. 31 South, Decatur, AL
256-340-1212
Located in the front of the Med Surg Building.

The facility will call you the DAY BEFORE your procedure to give you the time that you will need to be there.

You **WILL NOT** be allowed to drive. Please bring a friend/family member with you to stay and drive you home after the procedure. Be prepared to spend 3 to 4 hours at the facility due to preparation, procedure time, and recovery.

IMPORTANT: If you normally take **Coumadin, Plavix, Xarelto, Effient, Brilinta, or Eliquis**, then please contact the prescribing physician to make sure that it is okay to stop them for the recommended number of days: If you take Coumadin, Plavix, Effient or Brilinta, stop 5 days prior to procedure. If you take Xarelto or Eliquis stop 2 days prior to procedure. If your doctor says that it is not okay to stop, please call our office. Do not stop aspirin for the procedure.

PREPARATION INSTRUCTIONS: *DO NOT follow the instructions on the SUPREP box!*

FOUR DAYS BEFORE PROCEDURE: Discontinue eating any corn, beans, tomatoes, nuts, popcorn, raw vegetables, or fruits with small seeds. Also avoid iron tablets and oil-based supplements (fish oil, etc.).

ONE DAY BEFORE PROCEDURE:

1. Begin a clear liquid diet on _____. Clear liquids are: **broth or bouillon, Jell-O, water, tea, black coffee (without creamer), clear fruit juices (without pulp), Kool-Aid (no purple or red), clear soda (Sprite, 7-up, ginger ale, Coke, etc.), Gatorade, popsicles (no purple or red). NO DAIRY products. NO FOOD. Please make sure you drink plenty of clear liquids throughout the day.**
2. At **6:00PM**, the evening before your procedure, complete steps 1 through 4.
 - Step 1** POUR one (1) 6-ounce bottle of SUPREP into the mixing container.
 - Step 2** ADD cool drinking water or another clear liquid (as listed above) up to the 16-ounce line on the container and MIX.
 - Step 3** DRINK all the liquid in the container at 6 PM.
 - Step 4** You must DRINK two (2) more 16-ounce containers of water over the next hour.

MORNING OF YOUR PROCEDURE:

1. **Six (6) hours before** your arrival time, REPEAT steps 1 through 4 (above) using the other 6-ounce bottle. You must finish drinking the final glass of water at least 4 hours before your arrival time. You may have clear liquids up to 4 hours prior to your arrival time.
2. If you take any blood pressure or seizure medications, you may take it the morning of your procedure.

BILLING INFORMATION:

You will receive a charge from Decatur Digestive Diseases, P.C. for this procedure, which will be filed on your insurance, and you will be billed for any copayment or deductible. You will also receive a bill from the facility, anesthesiologist, and pathologist. Call 256-260-1909 if you should have any questions regarding your billing and insurance.