

SUPREP KIT PREP INSTRUCTIONS

Patient: _____ Gastroenterologist: _____

Date of test: _____ Time to arrive: _____

Your arrival time may need to be adjusted based on the doctor's schedule

Where to check in:

Kootenai Clinic Endoscopy 4th Floor (1919 Lincoln Way, Suite 416)

Specialty Procedures (2003 Kootenai Health Way - North hospital entrance registration desk)

Heart, blood pressure and seizure medications:

- If your test is in the morning, take your heart, blood pressure and/or seizure medications with a small amount of water at least one hour before your test.
- If your test is in the afternoon, take your medications at your usual time in the morning.

— Inhalers:

Use as prescribed, please bring inhalers with you to your appointment.

Blood thinners:

Stop _____ : _____ days prior to test.

— Stop Fish Oil, Flax Seed Oil, THC Oil and CBD Oil three days prior to test.

— Oral diabetic medications:

Do not take the morning dose on the day of your test.

****For low blood sugar - drink regular sugared clear soda (Sprite, 7-UP, etc.)**

Insulin Instructions:

YOU MUST HAVE A DRIVER

- ❖ **The time for your test and recovery may vary, we will give you an estimated time that your driver will need to be here.**
- ❖ Please ask your driver to be flexible as to the time to pick you up.
- ❖ If your driver needs to leave, please let us know how we can contact them.
- ❖ Taxis or Rideshares (Uber, Lyft, etc.) are not allowed due to liability considerations.

Bring reading glasses if needed.

Bring photo ID and insurance cards.

PLEASE NOTE: THERE MAY BE SEPARATE CHARGES FOR YOUR TEST; THE DOCTOR, THE FACILITY, ANESTHESIA AND PATHOLOGY

Prep sent to: _____ Scheduled by: _____

SEE REVERSE SIDE FOR PREP INSTRUCTIONS

SUPREP KIT PREP INSTRUCTIONS

BEFORE YOU BEGIN

- Pick up your Suprep kit from your pharmacy in advance, your provider has sent your prescription in.

DAY PRIOR TO TEST _____

- NO solid food all day
- Start strict CLEAR LIQUID DIET- If you are diabetic, monitor your blood sugar. For low blood sugar drink clear sugared soda like 7-UP or Sprite
- Nothing RED, BLUE, OR PURPLE

EVENING PRIOR TO TEST

AT _____ ON _____

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

1. Pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container
2. Add cool drinking water to the 16-ounce line on the container and mix. (**NOTE: Dilute the solution concentrate as directed prior to use**)
3. Drink ALL the liquid in the container
4. You must drink two (2) more 16-ounce containers of water over the next 1 hour

***** See Surep Kit packaging for more detailed instructions**

DAY OF TEST

AT _____ ON _____

Repeat steps 1-4 using the second 6-ounce bottle.

CLEAR LIQUID DIET:

- Coffee or tea with any sweetener – no creamer
- Clear fruit juices—apple, white grape or white cranberry
- Gatorade, other clear bottled drinks
- Any clear carbonated soft drinks- (7-UP, sprite, etc.)
- Clear broth – Chicken, beef or vegetable
- Jello: orange, lemon, lime, pineapple or peach (nothing added)
- Water

It is very important to drink as much fluid as possible to prevent dehydration and to help the laxative work!

DO NOT DRINK ANY LIQUIDS AFTER _____

This includes NO Gum, NO Hard Candy, and NO Chewing Tobacco for 8 Hours Prior to Test.

Please call the Endoscopy Clinic if you have any concerns about this process at (208) 625-4601.

*******Cancellations within 3 business days may be subject to a \$75.00 charge*******