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KITSAP GENERAL SURGERY, PLLC

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Colonoscopy Instructions

Your Colonoscopy has been scheduled for: _____
The Surgery Center of Silverdale will call you the day before your exam to let you know what time you will need to check in.

Preparing for the exam:

- Pick up the **SUPREP** Bowel Prep kit at your Pharmacy.
- Arrange for transportation. You are required to have an escort to drive you home after the exam.

5 days prior to your exam:

- Do not eat anything that contains nuts or seeds such as strawberries or tomatoes.
- Do not take aspirin or aspirin containing medications.
- If you are on Coumadin or other blood thinning medications make sure you have discussed this with the doctor.
- If you are taking Insulin make sure you have discussed this with your doctor as he/she may need to make changes to the dose due to the required fasting for this exam.

The day before the exam:

Start a clear liquid diet. No solid foods or milk or milk products are allowed on this day. Clear liquids include the following:

Water	Fruit Juice
Coffee/tea	Gatorade
Clear Sodas	Jello
Broth/Bouillon	Popsicles

STAY AWAY FROM LIQUIDS THAT ARE RED OR PURPLE

How to take *SUPREP Bowel Prep Kit*:

- **2:00pm** the day before your procedure, complete steps 1 through 4 using one (1) 6-ounce bottle.
- **8:00pm** the night before your procedure, repeat steps 1 through 4 using the other 6-ounce bottle.

IT IS IMPORTANT TO FOLLOW ALL THE STEPS BELOW COMPLETELY.

Step 1 : Pour one 6-ounce bottle 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 : You must drink TWO 16-ounce containers of water over the next one hour.

- Remain close to the toilet facilities as multiple bowel movements may occur.
- You will need to make certain you drink plenty of fluid through out the entire day.

Nothing to eat or drink after midnight. From midnight until after your procedure nothing to eat or drink.

* If you have questions about the bowel prep call the office at 360-613-1335.

* The procedure will take approximately 45 min. You will be observed in recovery for a short period of time.

* You will be able to resume your normal diet after discharge. You should not plan to return to work, drive, sign any legal documents or use dangerous machinery for the rest of the day.

* Most patients are able to resume their normal activities the day after the procedure.

Should you develop a fever, chills or abdominal pain after the procedure, please call the office immediately. 360-613-1335.
