

Harbour View Office  
5839 Harbour View Blvd  
Suite 200

Harbour View Outpatient  
5818 Harbour View Blvd  
One Story Bldg, Suite B-1

Lakeview Medical Center  
2000 Meade Parkway  
ASC Window

Maryview Medical Center  
3636 High Street  
Patient Registration 1st Floor

**Gastrointestinal & Liver Specialists of Tidewater, PLLC**  
**Suprep Split Dose Prep for Colonoscopy**

**Bowel prep prescription sent to your pharmacy on file:**

- **Suprep bowel prep kit-please check with the pharmacy to make sure the prep is ready, if not call the office immediately.**

**If you are on a blood thinner**, we must obtain clearance from your prescribing doctor to stop the medication. Our office will contact you with the response from his/her office. **DO NOT STOP it by yourself.** You may continue taking Aspirin or NSAIDS if you need.

Diabetic Instructions: \_\_\_\_\_

Do you have a pacemaker or defibrillator? Y/N

Are you currently on Dialysis Y/N

**5 DAYS BEFORE THE PROCEDURE: Stop all iron tablets or iron containing products, including multivitamins.**

**2 DAYS BEFORE THE PROCEDURE: FOLLOW LOW RESIDUE DIET – SEE BACK OF THIS SHEET**

**1 DAY BEFORE THE PROCEDURE: NO SOLID FOODS ALLOWED**

- The ENTIRE day before your procedure, \_\_\_\_\_ follow a clear liquid diet all day, including breakfast, lunch, and dinner.
- **Examples of acceptable clear liquids are:** Broth or bouillon, Popsicles (no red), Clear fruit juices (no pulp) Gatorade (no red), Plain Jell-O (no red), carbonated beverages, black Tea/Coffee, Ensure Clear (Apple flavor only).
- **Take at least 8 x 8 Oz. of water spread throughout the day.**
- **At 6:00PM**, pour one (1) six ounce bottle of Suprep into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. Drink **ALL** the liquid in the container. You **must** drink two (2) more 16-ounce containers of water over the next 1 hour i.e. by 7:00 PM.
- Please attempt to drink at least 3 more 8oz portions of any clear liquids listed above before bedtime.

**ON THE DAY OF THE PROCEDURE:**

- At \_\_\_\_\_ (6 hours prior) to your scheduled procedure time, pour the other six ounce bottle of Suprep into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. Drink **ALL** the liquid in the container. You **must** drink two (2) more 16-ounce containers of water over the next 1 hour.
- You can drink clear liquids mentioned above till 4 hours prior to the procedure.
- Take any blood pressure, heart, and seizure medication with a **sip of water.**
- **4 HOURS BEFORE YOUR PROCEDURE \_\_\_\_\_: NOTHING CAN BE CONSUMED FROM THIS POINT FORWARD.** Failure to comply may result in delay or cancellation of your procedure.
- **DO NOT HAVE GUM OR HARD CANDY. NO SMOKING THE DAY OF THE PROCEDURE.**

Report to: \_\_\_\_\_

Date: \_\_\_\_\_ Arrival time: \_\_\_\_\_ Procedure time: \_\_\_\_\_

**You are required to have a responsible adult accompany you to your procedure, stay in the building during your procedure, and take responsibility for you after your procedure.**

**You should not drive before and may NOT drive after your procedure.**

**You should not drive, operate any type of machinery, or do any heavy lifting until the day after your procedure.**

**Please understand that our office, as well as the hospitals, are unable to accept responsibility for your valuables; we ask that you please leave all valuables at home or with your responsible adult during your procedure.**

If your colonoscopy has been scheduled as a screening, meaning you have no symptoms with your bowels\*, and your doctor finds a polyp or tissue that needs to be removed during the procedure, this colonoscopy is no longer considered a screening procedure; it is considered a surgical procedure, and your insurance benefits may change. Please check with your insurance company prior to starting the bowel preparation. (\*Symptoms, such as change in bowel habits, diarrhea, constipation, bleeding, anemia, etc.)

Patient Signature \_\_\_\_\_ Date \_\_\_\_\_

Patient Name (print) \_\_\_\_\_ Account \_\_\_\_\_ M.A. Initials \_\_\_\_\_

Please call 757-483-6100 if you experience problems or have concerns. Our physicians are available 24 hours a day for emergencies.