

**Bryn Mawr Medical Specialists Endoscopy Center**  
**SUPREP Colonoscopy Preparation-Morning Procedure**

**Appointment Date:** \_\_\_\_\_ **Arrival Time** \_\_\_\_\_

7 Days Prior	5 Days Prior	3 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p><b>Arrange a ride.</b> You will be sedated for this procedure &amp; <u>must</u> have an escort, over the age of 18, to drive you home. You are <u>not</u> permitted to take a cab or Uber ride home, unless you are accompanied by a responsible adult (family or friend).</p> <p>Please make necessary arrangements or speak with our office regarding ride concerns.</p> <p>You are not permitted to drive, work, exercise, operate equipment or drink alcohol, for the remainder of the day, after your procedure.</p> <p><b>If you are diabetic,</b> please inform your Primary Care Physician or Endocrinologist about your scheduled procedure and discuss your diabetic medications. Adjustments to your medications must be made.</p>	<p><b>Stop taking the following medications:</b> Vitamins, Herbal Supplements, Ibuprofen (Advil, Motrin) or Aleve.</p> <p><b>If you take Aspirin as requested by a cardiologist: <u>DO NOT</u> stop Aspirin</b></p> <p><b>If you take Aspirin for general health and not because of cardiac reasons: <u>DO</u> stop Aspirin</b></p> <p><b>If you take blood thinners, such as Coumadin or Plavix, <u>carefully follow the instructions, provided at the time of scheduling, regarding need to hold them. You may be asked to contact your cardiologist for special instructions to hold blood thinners.</u></b></p> <p><b>Check with your insurance company for the following:</b> -Benefits -Deductible -Co-Pay for outpatient surgery Co-Pays and deductibles are paid the day of your procedure.</p>	<p><i>*Last Chance to cancel your procedure without a \$100 cancellation fee: physician office (610) 525-9570.</i></p> <p>Review upcoming dietary needs for the next 2 days.</p> <p>Purchase <b>SUPREP</b> with prescription.</p> <p>Disregard instructions on the box &amp; follow these instructions.</p> <p>Stop eating nuts, seeds and berries.</p>	<p>Drink at least 8 glasses of water throughout the day.</p> <p>Begin a “<b>Low residue Diet</b>” today (see handout).</p> <p>Remember to fill out your <b>online health history</b> from the link sent to your email address. If you do not have access to email or have trouble accessing it, a nurse will call you 1 day prior to your appointment and take your health history over the phone. Please allow time for this phone call.</p>	<p>Start “<b>Clear Liquid Diet</b>” today (see handout). No Red or purple liquids .</p> <p>At <b>5pm</b>, POUR one 6oz bottle of <b>SUPREP</b> into mixing container. Add cool drinking water to 16oz fill line and drink all the liquid. You <b>MUST</b> drink (2) more 16oz containers of water over the next hour.</p> <p>At <b>9pm</b> POUR the 2nd bottle of <b>SUPREP</b> into mixing container. Add cool drinking water to 16oz fill line and drink all the liquid. You <b>MUST</b> drink (2) more 16oz containers of water over the next hour.</p> <p><b>Nothing to drink after midnight.</b></p> <p>If you vomit the preparation, please call the Physician on call at (610) 526-0881.</p>	<p><b>No food or drink today until after your procedure.</b></p> <p>Take your heart and blood pressure medications by 6am with a small sip of water.</p> <p>Be sure to bring your current insurance card and photo ID with you.</p> <p>Your driver must be present in the endoscopy suite at the time of discharge.</p> <p>Bryn Mawr Medical Specialists Endoscopy Center is located in Suite 330 of the <b><u>Bryn Mawr Medical Arts Pavilion</u></b> at 825 Old Lancaster Road, Bryn Mawr- <b><u>NOT</u></b> at Bryn Mawr Hospital.</p>