Midwest Gastrointestinal Associates PC

Tyron A. Alli, MD
Alexander B. Bernal, MD
John J. Cannella III, MD
Jason J. Cisler, MD
Rohtashav Dhir, MD
Rebecca A. Ehlers, MD
Derrick D. Eichele, MD
Helen O. Fasanya-Uptagraft, MD
Benjamin S. Hall, MD
Kimberly S. Harmon, MD
Jordan D. Holmes, MD
Grant F. Hutchins, MD
Deepti A. Jacob, MD
William C. Livingston, DO
Thomas R. McGinn, MD
Matthew M. McMahon, MD
Sheeva K. Parbhu, MD
Trevor J. Pearson, MD
Thoetchai "Bee" Peeraphatdit, MD
Rajani Rangray, MD
Kyle D. Rose, DO
Michael E. Schafer, MD
Marc A. Scheer, DO
Aun R. Shah, MD
Brian W. Ward, MD

SuPrep Split Dose – 2 Day Colon Prep Instructions

Procedure Details:

Procedure Date: _____

Procedure Check-in Time: _____

Procedure Time: _____

Procedure Facility/Location: _____

Scheduled with Provider: _____

Start Mag Citrate on: _____ at _____

Start first half of prep on: _____ at _____

Start second half of prep (*8 hours before check-in time) at _____

Nothing further by mouth 6 hours prior to check-in time

✅ **Review these instructions as soon as you receive them to avoid cancellation**

Contact our Office Immediately at 402-397-7057 if any of these apply:

- 💊 You start a blood thinner
- 💊 You begin any new medication
- 🩺 You have any changes in your health status or any recent surgeries not reported
- 💊 You start a diabetic or weight-loss medication
- 😷 You develop COVID-19 or upper respiratory symptoms
- 🗓️ You need to reschedule or cancel your appointment

Medications

⚠️ Your medicine instructions are very important for your safety. To avoid cancellation of your procedure, please follow medication instructions carefully. ⚠️

- ✅ Read, understand, and follow any medications instructions specifically provided to you to hold during the scheduling process
- ❌ Do NOT stop aspirin unless told by your doctor

SPECIAL NOTE FOR DIABETIC PATIENTS ONLY

- ❗ Diabetics-drink clear liquids with sugar to help keep your blood sugar stable
- ❗ In addition to these prep instructions, refer to your diabetic instructions provided

---

Preparing for Your Colonoscopy

- ✅ Pick up prep from pharmacy - 1 to 2 weeks prior to scheduled procedure
    - ✅ SuPrep prep (script sent to your pharmacy 2 weeks prior to appointment)
- ✅ Purchase the following over-the-counter prep supplies (generic substitute okay):
    - ✅ Magnesium Citrate 10-ounce bottle
- 💧 Clear liquids (water, apple juice, broth, tea, Gatorade, coffee without cream)
- ✅ Stop nuts, seeds, popcorn, granola - 7 days prior to scheduled procedure
- ✅ Stop herbal supplements, curcumin, turmeric, vitamins, iron, fiber products - 7 days prior to scheduled procedure

---

Colonoscopy Prep Instructions - SuPrep Split Dose - 2 Day Colon Prep

2 Days Before Your Colonoscopy

Upon Awakening - Begin Clear Liquid Diet ONLY (drink 8-ounces of clear liquids every hour)

- ✅ Drinks you can see through: water, Gatorade, apple juice, broth, tea, coffee (no cream), soda, Jell-O, popsicles
- ❌ NO red, purple, or blue liquids
- ❌ NO solid food, alcohol, or recreational drugs

3:00 PM

- ✅ Drink Magnesium Citrate 10-ounce bottle

Day Before Your Colonoscopy - upon awakening

Continue clear liquid diet ONLY (drink 8-ounces of clear liquids every hour)

- ✅ Drinks you can see through: water, Gatorade, apple juice, broth, tea, coffee (no cream), soda, Jell-O, popsicles
- ❌ NO red, purple, or blue liquids
- ❌ NO solid food, alcohol, or recreational drugs

4:00 PM

- 💧 Pour one 6-ounce bottle of SuPrep liquid into the supplied mixing container
- 💧 Fill the provided container to the 16-ounce mix line with cool drinking water
- ❗ Important: Be sure to dilute SuPrep with the water before you drink it
- ✅ Drink ALL the SuPrep mixture in the container
- ✅ Drink an additional 32-ounces of clear liquids over the next hour
- ✅ Continue to drink clear liquids until bedtime (see list above) drink 8-ounces every hour

---

Day Of Your Colonoscopy

- ✅ Take your morning meds before 6 am with a sip of water
- ❌ ABSOLUTELY NO food, alcohol, recreational drug use, chewing gum, hard candies
- ❌ ABSOLUTELY NO chewing/smokeless tobacco products
- ❌ **Do NOT eat or drink anything else after you finish the prep**

⏰ 8 hours prior to procedure check-in time (*see time in Procedure Details at top of 1st page) ⏰

⏰ Start second half of prep:

Mix the second portion of SuPrep

- 💧 Pour one 6-ounce bottle of SuPrep liquid into the supplied mixing container
- 💧 Fill the provided container to the 16-ounce mix line with cool drinking water
- ❗ Important: Be sure to dilute SuPrep with the water before you drink it
- ✅ Drink ALL the SuPrep mixture in the container
- ✅ Drink an additional 32-ounces of clear liquids within one hour after drinking the SuPrep
- ⏳ **Finish both the prep and the water at least 6 hours before you check-in**
- 💩 Your bowel movements should be clear yellow, like urine or lemonade
- 📞 If stools still brown or unclear 2 hours before check-in, call 402-397-7057 (24/7)
- 💊 Take your morning medicines before 6:00 AM with just a few sips of water

---

‼ Important: Your Procedure Will Be Cancelled...

- If you eat ANY food starting the two days before your procedure until your procedure has been performed
- If you drink ANYTHING other than clear liquids (ex listed above) once you start your prep
- If you drink ANYTHING within 6 hours of your procedure
- If your bowel movements are not clear
- If your medications are not stopped as instructed (including diabetic, weight loss & blood thinners)
- If a new health condition is discovered that makes the procedure unsafe

Why this matters: These rules are essential for your safety and for the success of your procedure. If they are not followed, we cannot proceed.

You MUST Have a Responsible Driver

- A responsible adult with a valid driver's license must take you home after your procedure
- Best option: Have this person drive you to your appointment, stay during your procedure, and take responsibility when you leave
- If your driver is not present at check-in, you will need to confirm their availability
- If staff cannot verify your driver, your procedure will be cancelled

Important:

- Public transportation or ride shares (Uber, Lyft, etc.) are NOT allowed unless you are accompanied by a responsible adult
- If your procedure is at a hospital, you may be required to have someone stay with you for 24 hours after your procedure (hospital policy)

What to Bring to Your Colonoscopy:

- Complete the "Update Your Information" tab on the patient portal prior to your visit
- List of all your medications with the dosages
- Medical provider's full name which you want to receive a copy of your procedure report
- Responsible adult to drive you home (NO EXCEPTIONS) - If no responsible adult driver, your procedure will be cancelled
- Insurance card(s)
- Photo ID

What to Wear to Your Colonoscopy:

- Wear comfortable, loose-fitting clothing
- Wear flat or tennis shoes
- Leave jewelry and valuables at home

Following Your Colonoscopy:

- Drink 8 ounces of liquid 6 times before retiring for the night
- Do NOT drive, operate machinery, return to work or make important decisions for the remainder of the day
- You may resume normal activities the next day unless your provider states otherwise

Frequently Asked Questions:

Q: Why do I have to drink my prep at two different times?

- A: Split dose preps result in higher quality examinations with increased detection of precancerous polyps.

Q. What if I feel like I am going to vomit if I drink another glass of prep or what if I start to vomit while drinking the prep?

- A. Stop drinking the prep for 30-45 minutes until symptoms subside, then resume prep.
- A. If you have an anti-nausea medication prescribed by another provider, you may take it as prescribed.

Q. What if I drink all the prep and I do not have a bowel movement?

- A. If you have had no bowel movement by 9:00pm after your first half of your prep, call our office at 402-397-7057 (24hr line).

Q. If I have clear colored bowel movement after consuming the first half of the prep, do I have to drink the second half?

- A. Yes, it is important that you drink the entire prep. Digestion continues throughout the night, requiring the 2nd half of the prep to be drank to ensure best results.

Q. What if I have rectal discomfort?

- A. You may apply petroleum-based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools.

Q. Will I be asleep for my procedure(s)?

- A. Yes, sedation will be provided to keep you comfortable throughout your procedure(s).

Q: Will my insurance pay for my colonoscopy?

- A: If you are scheduled for a colonoscopy:
  - Please understand all colonoscopies are not screening/preventative and may be deemed medical based on your medical history.
  - For your insurance to consider a screening colonoscopy, you must be without gastrointestinal symptoms, 45 years of age or older, have no personal history of gastrointestinal disease, colon polyps and/or colon cancer. In most cases patients are limited to one screening colonoscopy per ten-year increment.

- Deductibles, copays and co-insurance may apply.

- The facility submits procedural documentation and charges according to the Medicare and Medicaid services and American Medical Association guidelines and is not responsible for determining how benefits are paid by your insurance plan.
- Please make sure your insurance company allows your procedure at the scheduled facility location noted on the first page in the "Procedure Details" section.
- If you have billing questions, please call our billing department at (402) 504-3846 for a more detailed explanation.

Additional Important Notes: