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OPTION 1: COLONOSCOPY PREP INSTRUCTIONS USING SUPREP

YOU MUST ARRIVE AT the GREEN MOUNTAIN SURGERY CENTER, 593 Hercules Drive in COLCHESTER, 45 MINUTES PRIOR TO YOUR PROCEDURE TIME. Please bring your insurance card to your scheduled appointment. Directions from I-89 Exit 16: take Roosevelt Highway (Route 7) NORTH to right turn onto Hercules Drive. Continue on Hercules Drive; Green Mountain Surgery Center will be on your left and Costco will be to your right.

Your prescription for Suprep is enclosed. Please plan to pick it by 5 days prior to your appointment. Also **you will need to buy 1 box of Gas-X 125 mg Chewable or Softgels (simethicone). (You will only need 4 tablets.)**

Before you begin your colonoscopy prep, PLEASE READ CAREFULLY THE INFORMATION ON THE WARNING PAGE ENCLOSED IN THIS PREP PACKET. Do NOT ingest any nuts, seeds or popcorn for five days prior to your procedure.

Your Two-day SUPREP colonoscopy prep is as follows:

1. The day before your procedure, STOP ALL SOLID FOOD INTAKE. Begin a Clear Liquid Diet as soon as you get up. Acceptable choices for liquids are indicated on the Instruction Sheet.
2. At 5:00 p.m. the day before your procedure, pour one 6 oz. bottle of Suprep into the mixing container and add cool water to the 16 oz. line and drink the entire amount. Drink 32 oz. of water over the next hour. **Then take 2 tablets of Gas-X.**
3. If you experience nausea, slow down the rate at which you drink the solution. Continue to drink clear liquids during the evening.
4. On the day of your procedure, FIVE hours prior to your procedure time, pour the second 6 oz. bottle of Suprep into the mixing container and add cool water to the 16 oz. line and drink the entire amount. Drink 32 oz. of water over the next hour. **Then take 2 tablets of Gas-X.** You may continue to drink clear liquids until two hours before your scheduled colonoscopy.
5. The Suprep solution is only good for only 48 hours once it is mixed.
6. You will need someone to drive you home because of the sedation you will receive for this procedure.

**If you are unable to keep this appointment or have prep questions, please call:
Green Mountain Surgery Center at 802-488-5350 Option 1.
Thank you.**

OPTION 2: COLONOSCOPY PREP INSTRUCTIONS USING 3-DAY MIRALAX BOWEL PREP

Your procedure is scheduled at **Green Mountain Surgery Center, it is located at 593 Hercules Drive in Colchester.** Directions from I-89 exit 16: Go north on Roosevelt Highway (Route 7) and make a right turn onto Hercules Drive. Continue on Hercules Drive: Green Mountain Surgery Center will be on your left, and Costco will be to your right. **You need to arrive 45 minutes before your scheduled appointment time. We ask that you bring your insurance card to your scheduled appointment.**

PLEASE BE SURE OF THE LOCATION OF YOUR PROCEDURE!

- You will need someone to drive you home because of the sedation you will receive for this procedure. The Surgery Center will NOT allow you to leave by yourself or use public transportation.
 - Please bring a complete medication list with you.
 - Do NOT wear perfume or cologne on the day of your procedure.
 - Contact your prescribing physician if you are taking any blood thinning medications such as Coumadin, Eliquis, Pradaxa, Xarelto, Aggrenox, Effient, Plavix, Ticlid, or Pletal to ask if it is safe to stop them prior to your procedure.
 - Aspirin, Advil, Aleve, Motrin, Acetaminophen, or Tylenol are acceptable.
 - Avoid eating nuts, seeds or popcorn 5 days prior to your procedure.
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AT LEAST 3 DAYS PRIOR TO PROCEDURE: Purchase:

- 1 Bottle of **Miralax** (255 grams) Be sure to get the **235 gm container**, not a smaller amount
- 1 Box of **Dulcolax (bisacodyl) laxative TABLETS** (You will only need 2 tablets. Do NOT buy the suppository or stool softener)
- 1 box **Gas-X 125 mg Chewable or Softgels (simethicone)**. (You will only need 4 tablets)
- Note: DULCOLAX, MIRALAX and **Gas-X** are all over the counter medications – no prescription is necessary.

YOUR COLONOSCOPY PREPARATION IS AS FOLLOWS:

- **2 DAYS BEFORE PROCEDURE**, between 6 & 9 PM, drink 4 teaspoons Miralax mixed in 8 oz of water.
- The **DAY BEFORE PROCEDURE**: STOP ALL SOLID FOOD INTAKE. Begin a clear liquid diet as soon as you get up. Clear liquids are liquid foods that you can see through. This includes water, fruit juices, jello, clear broth or bouillon, Sprite, sport drinks (NOT RED OR PURPLE), popsicles etc. (See table below)
- The **DAY BEFORE PROCEDURE**, at **3:00 PM**, take 2 DULCOLAX laxative tablets with 8 oz. of any clear liquid.
- The **DAY BEFORE PROCEDURE**, at **5:00 PM**, mix HALF of the remaining bottle of MIRALAX with 32 ounces of electrolyte containing solution such as Gatorade, Hydralyte, Powerade, Pedialyte, or Sugar free Gatorade (NOT RED OR PURPLE). Shake the solution until the mixture is dissolved. Drink one 8 oz. glass every 15 minutes until done. After finishing the Miralax solution, take **2 tablets Gas-X**.

- **The DAY OF PROCEDURE**, and at least five hours prior to the procedure time, mix the remaining MIRALAX with 32 ounces of electrolyte containing solution such as Gatorade, Hydralyte, Powerade, Pedialyte, or Sugar free Gatorade (NOT RED OR PURPLE). Shake the solution until the mixture is dissolved. Drink one 8 oz. glass every 15 minutes until done.
After finishing the Miralax solution, take **2 tablets Gas-X**.
- Continue to drink an 8 oz. glass of any **clear liquid** every half hour until two hours prior to your appointment, then NOTHING more.

Clear Liquid:

Gatorade, Pedialyte or Powerade
Clear Broth or Bouillon
Coffee or Tea (No Milk or Non-Dairy Creamer)
Carbonated and Non-Carbonated Soft Drinks
Kool-Aid or Other Fruit-Flavored Drinks
Strained Fruit Juices (No pulp)
Jell-O, Popsicles, Hard Candy

Not Clear Liquid:

*No red or purple items of any kind
No alcohol
No milk or non dairy creamers
No noodles or vegetables in soup
No juice with pulp
No liquid you cannot see through*

**Please call Green Mountain Surgery Center with any questions.
802.488.5350 Option 1.
Thank you.**