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### **Colonoscopy Preparation Instruction Sheet** **Madison Memorial Surgery Center**

In order to be able to see the inside of your colon it needs to be cleaned out. This cleansing is done by giving medications that will give you diarrhea. This is frequently the most unpleasant part of the examination. It is important that these directions be followed otherwise the preparation may not be complete and I may not be able to complete the exam.

**Step 1-** Decide when you are going to have your colonoscopy. My office staff will be able to help you with this. I do most of my colonoscopies on Thursdays at the Madison Memorial Surgery Center. I will not be able to give you an exact time for the procedure until the afternoon before the procedure. Madison Memorial Surgery Center will call you to tell you what time to check in for the procedure (this is usually not until around 3 P.M. the day before the procedure). If you haven't heard from them by 4 P.M. call them at (208) 359-2300.

Your Colonoscopy has been scheduled on \_\_\_\_\_

**Step 2-** Fill your prescription for **SUPREP**.

**Step 3-** You must be on a clear liquid diet all day the day before the procedure. Clear liquids include but are not necessarily limited to the following. As a general rule if you can see through the liquid it is considered clear. It is important to drink plenty of liquids the day before the procedure. Do not drink liquids that contain artificial red food coloring. This is not digested and looks like blood in the colon.

#### **Allowed Beverages**

apple, white grape cranberry juice  
fruit flavored drinks  
carbonated beverages  
gelatin

Popsicle's  
fat free bouillon  
fat free broth  
coffee and tea (no cream or milk)

**Step 4-** At 4:00 pm 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 then drink two (2) more 16 ounce containers of water over the next hour.

**Step 5-** 5 hours before your scheduled colonoscopy repeat step 4 as outline above. I know this is an inconvenience to wake up early and do this portion of the bowel prep. This type split-dosing schedule gets better results then single-day colonoscopy preps.

**Step 6-** Nothing to eat or drink after the second dose of SUPREP.

**Step 7-** Take your normal medications the morning of the procedure with a minimal amount of clear liquids.

**Step 8-** Check in at Madison Memorial Surgery Center at the time they asked you to. If I am running behind schedule we will try to call you at home and delay your arrival. Please be patient if this happens to you.

**Step 9-** You must bring someone with you to drive you home.

**Step 10-** After the procedure, you will be under the affect of narcotics and will not be able to drive, operate equipment, sign important papers or perform similar tasks. The following day you may feel a little “gassy” but should be able to do anything you desire. Rarely will people develop bleeding in the days following the procedure. If this is significant then notify me immediately.

**Step 11-** Personnel from Madison Anesthesia will be giving you the medications to make you comfortable through the procedure. This is a great service as it allows you go to sleep and be completely unaware during your colonoscopy. You will be getting a separate bill from them for their services.

If you have concerns or questions please call me.  
Brian Christensen