

WARNING
YOU MAY NOT EAT ANYTHING THE DAY BEFORE YOUR COLONOSCOPY. IF YOU EAT THE DAY BEFORE YOUR COLONOSCOPY, YOUR COLONOSCOPY WILL BE CANCELED. READ ALL OF THE INSTRUCTIONS.

Brian W. Christensen M.D.

Board Certified General Surgeon
Fellow of the American College of Surgeons
20 Madison Professional Park
Rexburg, Idaho 83440

Phone: (208) 656-9008

Fax: (208) 656-0999

READ THESE INSTRUCTIONS COMPLETELY SEVERAL TIMES TO ENSURE THAT THE COLON CLEANSE IS DONE CORRECTLY!

Madison Memorial Hospital

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 colonoscopies at Madison Memorial Hospital every Tuesday and every third Friday. I will not be able to give you an exact time for the procedure until the afternoon before the procedure. My office staff will call you the afternoon before to tell you what time your procedure will be. If you have not heard from them by 4:00 p.m. please call our office.

Your Colonoscopy has been scheduled on _____

Step 2- Fill your prescription for **SUPREP**. I will send an electronic prescription to the pharmacy of your choice

Step 3- You must be on a “clear liquid” diet all day the day before the procedure. **You may not eat or drink anything other than those listed below on the day before the procedure.** 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** as this is not digested and looks like blood in the colon.

Allowed Beverages

Water	gelatin
Apple, white grape cranberry juice	Popsicles
Fruit flavored drinks	fat free bouillon
Carbonated beverages	fat free broth water
Coffee and tea (no cream or milk)	

Step 4- The SUPREP comes in a box. In the box are two bottles of medications, a mixing cup, and an instruction sheet. **Discard the instructions in the box and follow these instructions exactly.**

At 4:00 pm pour one (1) bottle of SUPREP into the mixing container. Add cool drinking water to fill up the container and mix. Drink all the liquid in the container. You must then drink two (2) more containers of water over the next hour.

The rest of this evening you may drink as much clear liquids as you desire.

Step 5- 5 hours before your scheduled colonoscopy repeat step 4 as outline above.

Step 6- Take your normal medications the morning of the procedure with a minimal amount of clear liquids.

Step 7- Nothing to eat or drink after the second dose of SUPREP.

Step 8- Check in at Madison Memorial Hospital at the time they asked you to

Step 9- You MUST bring someone with you to drive you home. If you don't have a ride your procedure will be cancelled.

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