



**Cascade Surgeons**

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**COLONOSCOPY INSTRUCTIONS**

Day Before Procedure:

1. Only clear liquids may be taken the day before your procedure. Examples: Tea, coffee, water, broth, gelatin, clear (no pulp) fruit juice, popsicles.
2. Mix up preparation and put it in the fridge to chill.
3. At approximately **6 p.m.** complete steps 1 through 4.
  1. Pour ONE (1) 6 oz. bottle of SUPREP liquid into the provided mixing container.
  2. Add cool water up to the 16 oz. line on the container and mix.
  3. You may flavor each glass with Crystal Lite.
  4. Drink the entire contents.
  5. Follow with TWO (2) 16 oz. containers of water over the next hour.

Day of the Procedure:

1. **3 hours** before your admit time, complete steps 1 through 4.
  1. Pour ONE (1) 6 oz. bottle of SUPREP liquid into the provided mixing container.
  2. Add cool water up to the 16 oz. line on the container and mix.
  3. Drink the entire contents.
  4. Follow with TWO (2) 16 oz. containers of water over the next hour.
2. You may take medication for your heart or blood pressure. Do not take any other medications unless instructed otherwise by your nurse or doctor.

3. Do not drink anything more until after your colonoscopy.
4. You are required to have a licensed individual drive you home from your surgery or procedure.
5. Smoking is not permitted for 12 hours prior to your procedure.
6. Wear comfortable clothing.
7. Do not wear make-up or finger nail polish the day of your procedure.
8. Do not bring jewelry or valuables with you.
9. Notify our office if you are sick with a fever.
10. It is your responsibility to know your insurance coverage prior to your procedure.
11. The pre-admission nurse from the Surgical Center or Hospital will contact you prior to your procedure. SHE WILL GIVE YOU YOUR ARRIVAL TIME. If you will be out of town or do not have a telephone, please contact her @ 360.435.1416 after 10am.
12. Your procedure may not go on time. Please be near your telephone the day of the procedure so you may be contacted.
13. You will receive a statement from: your surgeon, the facility where your procedure was performed, and the anesthesiologist. In addition, you may also receive a statement from the laboratory/pathologist. ALL ARE BILLED SEPARATELY.
14. Due to privacy laws, we are unable to give information about your care to anyone else. IF YOU WOULD LIKE US TO BE ABLE TO GIVE YOUR INFORMATION TO A SPOUSE/RELATIVE/CHILD/ETC. REGARDING YOUR HEALTH CARE, PLEASE MAKE SURE YOU FILL OUT ANY APPROPRIATE FORMS AT THE FRONT DESK OF OUR OFFICE.

**Please feel free to contact our office with any questions or concerns. Our office hours are Monday-Friday from 7am to 5pm. Our physicians are on call 24 hours a day. If you have an urgent call after hours, you may reach the on-call physician by calling our office at 360.435.6097.**