

## Colonoscopy with SUPREP Instructions

Your bowel must be empty so that the physician can clearly view your colon. Please follow all of the instructions in this handout. If you have any questions or are unable to keep your appointment, please contact the office.

### Medication You Will Need:

- SUPREP Bowel Preparation (Prescription send to pharmacy)

### Important:

- Do not eat any **SOLID FOOD** the ENTIRE day before your colonoscopy.
- Do not mix the solution until the day before your colonoscopy
- A responsible adult (family member or friend) **MUST** come with you to your procedure and **REMAIN** in the endoscopy area until you are discharged. You are **NOT ALLOWED** to drive, take a taxi or bus, or leave the Endoscopy Center **ALONE**. Your exam cannot be done with sedation if you do not comply with this.

### Medications:

Some of the medications you take may need to be stopped or adjusted before your colonoscopy. You must call the doctor who ordered any of the following medication at least 2 weeks before your colonoscopy and inform them of your scheduled colonoscopy:

- Blood thinners: such as *Coumadin* (warfarin), *Plavix* (clopidogrel), *Ticlid* (ticlopidine hydrochloride), *Agrylin* (anagrelide), *aspirin*, *Advil/Motrin* (ibuprofen), and Xarelto
- Insulin or diabetes pills: your insulin dosage may need to be adjusted due to diet restrictions during the bowel preparation.

Take all other medications as instructed by your doctor, even on the day of your colonoscopy (with a sip of water).

## Count Down to Colonoscopy

### Five (5) Days Before Your Colonoscopy...

- Do NOT take medicines that stop diarrhea (Imodium, Kaopectate or Pepto Bismol)
- Do NOT take fiber supplements (Metamucil, Citrucel or Perdiem)
- Do NOT take products that contain iron – much as multivitamins
- Do NOT take vitamin E

Buy the prescription bowel preparation solution at your location pharmacy/drugstore

### *Three (3) Days Before Your Colonoscopy...*

- Do not eat high-fiber foods, such as popcorn, beans, seeds (flax, sunflower, quinoa), multigrain bread, nuts, salad/vegetables, or fresh and dried fruit.

### *One (1) Day Before Your Colonoscopy...*

- Only drink clear liquids the **ENTIRE DAY** before your colonoscopy. Do not eat any solid foods. Drink at least 8 ounces of clear liquids every hour after waking up. The clear liquids you can drink include:
  - ✓ Water, apple or white grape juice; broth
  - ✓ Coffee or tea (without milk or creamer)
  - ✓ Clear carbonated beverages such as ginger ale or lemon-lime sode
  - ✓ Gatorade or other sports drinks (not red or blue)
  - ✓ Kool-Aid or other flavored drinks (not red or blue)
  - ✓ Plain Jello or other gelatins (not red or blue) popsicles (not red or blue)
  - ✓ Do not drink alcohol on the day before or the day of the procedure

### *Mixing Your Bowel Preparation*

The SUPREP carton contains bottles and a disposable container for mixing. Follow the mixing instructions on the carton. Mix the SUPREP solution no sooner than 24 hours before it will be used. Do not add ice, sugar or flavorings to the solution. Do not take more than the recommended dose or serious side effects could occur. You can refrigerate the preparation before drinking.

### *Drinking the Bowel Preparation*

Your doctor has dosed the bowel preparation in a split dose manner.

**Step 1:** Start drinking SUPREP at 6PM the evening before your colonoscopy. Drink the 16-oz container of bowel preparation. Drink **ALL** the liquid in the container.

You **must** drink two (2) more 16-oz containers of water over the next 1 hour.

Your may continue to drink clear liquids until bedtime.

**Step 2:** Next morning, 5 hours before exam time, drink the 16-oz container of bowel preparation. Drink **ALL** the liquid in the container.

You **must** drink two (2) more 16-oz containers of water over the next 1 hour.

Do NOT eat or drink ANYTHING 4 hours before your colonoscopy



- **DO NOT EAT OR DRINK ANYTHING ELSE\*\*** this includes any sips of water or liquid. This includes gum or candy (You may brush your teeth.)
- **Check in** at the location for your procedure
- **If you take medication for blood pressure**, you may take it 2 hours prior to procedure with a sip of water.

**RESTRICTED LIQUID DIET INCLUDES: (NO RED or PURPLE PLEASE!)**

- Strained, pulp free fruit juices (apple, white grape, lemonade)
- Coffee or tea (no milk or creamer)
- Carbonated/non-carbonated soft drinks
- Kool-Aid or other fruit flavored drinks
- Plain Jell-O (no added toppings of fruit)
- Water
- Gatorade
- Popsicles
- Clear broth or bouillon
- NO dairy products or alcohol