

Suprep Colonoscopy Prep Instructions

****Try to avoid fruits and vegetables 2 days before colonoscopy****

Medications that must be stopped FIVE days before the procedure: Aspirin, Plavix (clopidogrel), Coumadin (warfarin), and NSAIDS (eg: Motrin, Advil, Naproxen, Celebrex, Ibuprofen) **will need clearance from prescribing MD to stop**

INSTRUCTIONS FOR THE DAY BEFORE COLONOSCOPY:

YOU MAY HAVE A LIGHT BREAKFAST PRIOR TO 8AM

An example of something light, is a piece of toast with hard boiled/scrambled eggs.

You must remain on a CLEAR liquid diet the entire day before your procedure.

Clear liquids include: Water, Strained fruit juices (no pulp) including apple, white Grape or white cranberry, Limeade or lemonade, Coffee or tea (do not use any Milk/cream, you may use sugar or lemon), Chicken/Beef broth, soda, Gatorade (yellow Only), popsicles (no red/purple), Jell-O (no red/purple). Please **do not** have any dairy products or **anything red/purple** in color. You can suck on hard candies (no red/purple). Also, you can use alcohol-free wipes or Vaseline to prevent anal skin irritation.

At 4:00 pm Mix first dose of Suprep

- Empty 1 bottle of liquid prep into the 16 ounce container that is supplied.
- Add cold drinking water to the marked line of the container.
- Drink contents within 1 hour.
- Using a straw will help.
- Drink 32 ounces of plain water over the next 3 hours.

AT 8PM REPEAT THE SAME INSTRUCTIONS AS ABOVE

UNLESS YOU HAVE AN AFTERNOON PROCEDURE READ INDICATIONS BELOW

THE DAY OF THE COLONOSCOPY:

****DO NOT eat or drink anything EXCEPT the preparation****

With the exception of important meds only (blood pressure, heart and seizure meds)

***IF YOU ARE SCHEDULED 12PM OR LATER, DRINK 2ND DOSAGE OF* SUPREP PRIOR TO 8AM THE MORNING OF PROCEDURE.**

- Empty the 2nd bottle of liquid prep into the 16 ounce container that is supplied.
- Add cold drinking water to the marked line of the container.
- Drink contents within 1 hour prior to 8am.

DO NOT take anything by mouth during this time (this includes any food, water tobacco products, gum, candies, etc.)