

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 (e.g.: 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 or poached eggs, no meats.

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 or Gatorade to the marked line of the container.
- Drink contents within 1 hour.
- using a straw will help (not for bariatric patients)
- Drink 32 ounces of plain water over the next 3 hours.

AT 8PM REPEATS 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 1st DOSE OF* SUPREP @ 8PM
THE EVENING BEFORE PROCEDURE 2ND DOSE THE MORNING OF PROCEDURE
@ 6AM**

- Empty the 2nd bottle of liquid prep into the 16-ounce container that is supplied.
- Add cold drinking water or Gatorade to the marked line of the container.
- Drink contents within 1 hour prior to 8am ok to drink water until 9 am

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