

## Colonoscopy Preparation with SUPREP

Date of Procedure: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

**\*\*\*Your SuPrep solution has been called into your pharmacy. Please pick this up soon.\*\*\***

**DO NOT FOLLOW THE INSTRUCTIONS ON THE SUPREP BOX**

If you normally take a prescribed blood thinner like Pletal (Cilostazol), Jantoven, Plavix (Clopidogrel), Coumadin, Warfarin, Persantine (Dipyridamole), Eliquis (Apixaban), Aggrenox, Xarelto or Pradaxa (Dabigatran) then we have contacted your prescribing physician to make sure that it is okay for you to stop for the recommended number of days.

**You will need to stop your blood thinner \_\_\_\_\_ days prior to your procedure.**

**FOUR DAYS BEFORE PROCEDURE:** Discontinue eating any foods with seeds, nuts, fruit or vegetables with skin and corn. Also avoid multivitamins as well as iron, herbal and homeopathic supplements (unless advised by a physician).

**[✓] Your physician has recommended that you take Miralax in addition to the SUPREP solution** prior to the procedure. You will need to purchase Miralax 119 gram bottle and take 17 grams (one capful) in 8 oz of water twice a day, beginning 3 days prior to procedure.

**ONE DAY BEFORE PROCEDURE:** Clear liquids such as broth or bouillon, Jell-O, popsicles and Gatorade (NO red or purple), tea, coffee, clear soft drinks and water are allowed. NO SOLID FOOD OR MILK PRODUCTS.

**Diabetics: Insulin Pump – Follow instructions from Endocrinologist**

**Oral Diabetic or Insulin Dependent – Take half of your normal dose unless otherwise instructed.**



**Beginning at 5:00 pm, complete steps 1 through 4:**

**Step 1** - Pour one 6 ounce bottle of SUPREP liquid into the mixing container

**Step 2** - Add cool drinking water or Gatorade (no red or purple), filling to the 16 ounce line on the container and mix thoroughly

**Step 3** - Drink ALL the liquid in the container within an hour

**Step 4** - You must drink two more 16 ounce containers of water over the next hour

**\*\*\*Bowel movements usually start within 1-2 hours after you begin drinking and can continue 1-2 hours after you finish.\*\*\***

### **DAY OF PROCEDURE:**

- 6 hours before your procedure discontinue all forms of tobacco products
- 5 hours before your procedure, repeat steps 1 through 4 using the remaining 6 ounce bottle of SUPREP. You must finish the final glass of clear liquid at least 3 hours before your procedure.
- You may have clear liquids, gum and hard candy up to 3 hours before your procedure
- ***Stop drinking 3 hours before your procedure. You are to have NOTHING by mouth 3 hours prior to your procedure.***

**CONTINUED ON BACK ►**

\*\* YOU SHOULD USE INHALERS, AND TAKE HEART, BLOOD PRESSURE, SEIZURE, ANTI-ANXIETY, AND RESPIRATORY MEDICATIONS (**NO BLOOD THINNERS OR DIABETIC MEDICATIONS**). YOU SHOULD TAKE THESE AT LEAST 3 HOURS BEFORE YOUR PROCEDURE.

\*\* IF YOU ARE DIABETIC, DO NOT TAKE YOUR MEDICATIONS BUT PLEASE BRING THEM WITH YOU. YOU MAY WANT TO CHECK YOUR BLOOD SUGAR. CALL US FOR HIGH BLOOD SUGARS > 350. **PROCEDURES ARE CANCELED FOR BLOOD SUGARS OF 400 OR GREATER.** IF YOU ARE CONCERNED ABOUT YOUR BLOOD SUGAR DROPPING, CONSIDER PURCHASING GLUCOSE TABLETS.

\*\* DO NOT TAKE HEPARIN OR LOVENOX ON THE DAY OF PROCEDURE

\*\* **YOU MUST HAVE SOMEONE TO DRIVE YOU TO THE FACILITY, REMAIN ON THE PREMISES AND THEN DRIVE YOU HOME.**