

## 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 Pletal (Cilostazol), Jantoven, Plavix (Clopidogrel), Coumadin, Warfarin, Persantine (Dipyridamole), Eliquis (Apixaban), Aggrenox, Xarelto or Pradaxa (Dabigatran) then ***we will contact your prescribing physician to make sure that it is okay for you to stop for the recommended number of days.*** We will contact you once they have responded. Do not stop aspirin for the 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).

[ ] **If your physician has recommended that you take Miralax in addition to the SUPREP**

solution before procedure, due to a history of severe constipation or other medical indication, you will need to purchase Miralax 119 gram bottle and take 17 grams (one capful) of Miralax in 8 oz of water twice a day, beginning 3 days before 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

**\*\*IF YOU TAKE BLOOD PRESSURE MEDICATIONS, YOU MAY TAKE THEM 3 HOURS PRIOR TO YOUR PROCEDURE TIME.**

**\*\*IF YOU ARE A DIABETIC, DO NOT TAKE YOUR MEDICATIONS BUT PLEASE BRING THEM WITH YOU.**

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