

# COLONOSCOPY PREPARATION INSTRUCTIONS

## using **Suprep<sup>®</sup>**

### Obtain the following:

1. Suprep<sup>®</sup> bowel prep kit
  - This is a split-dose (2 day) regimen.

### Day PRIOR to the procedure:

1. May have a light early breakfast followed by only clear liquids for lunch and dinner.

Clear liquids include:

- Clear fruit juice (no pulp) – Apple, white grape, white cranberry, etc.
- Chicken broth
- Coffee without milk or creamer
- Clear sodas (7up, Sprite, Ginger Ale)
- Jello (lime or lemon flavors only)
- Gatorade/Powerade (yellow flavors only)

2. Any time after 6PM, drink the first dose as shown below:

You must complete Steps 1 through 4 using one (1) 6-ounce bottle before going to bed:

#### STEP 1



Pour **ONE (1)** 6-ounce bottle of SUPREP liquid into the mixing container.

#### STEP 2



Add cool drinking water to the 16-ounce line on the container and mix.

**NOTE:** Dilute the solution concentrate as directed prior to use.

#### STEP 3



Drink **ALL** the liquid in the container.

#### STEP 4



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

### **Day of the procedure:**

1. Do NOT eat or drink any food.
2. Take your morning medications with a sip of water.  
*\*\*\*if you are a diabetic, do not take your morning oral diabetic medications. If you use insulin in the mornings, only use half the dose.*
3. Starting 4 hours prior to your procedure time, repeat Steps 1 through 4 using the other 6-ounce bottle.  
*\*\*\*Example: If your procedure is at 9AM, you drink the second dose at 5AM. It is very important to finish drinking the solution. If not, the colon might not be clean enough and the procedure will have to be repeated at a later date.*  
*\*\*\*You must finish drinking the final glass of water at least 2 hours prior to your procedure time.*

*\*\*\*If you take anticoagulants or antiplatelets (“blood thinners”) like Plavix®, Coumadin®, Pradaxa®, Xarelto®, Eliquis®, Effient®, etc., you should discuss with your doctor.*

*\*\*\* You must have someone with you in order for the physician to explain the results of the procedure after your exam, (this person will also be your driver), as you will have been sedated. Plan to be at the surgery center/hospital for approximately 2-3 hrs. The surgery center or hospital may call you with any schedule changes or updates.*