

# SUPREP Instructions for Colonoscopy

**Step 1: Seven days before the procedure, do not take** any iron medications, multivitamins with iron, fish oil, Ibuprofen (Advil, Motrin), or naprosyn (Aleve). It is okay to use Tylenol as needed. Continue to take all your medications except Coumadin or other blood thinning agents. If you are unsure whether your medication thins your blood, please call our office to ask.

**Step 2: Three days before the procedure do not eat** corn, tomatoes, cucumbers, nuts, popcorn, or other food items with seeds.

**Step 3: The day BEFORE your procedure, you will need to be on a clear liquid diet ALL DAY LONG. Clear liquid consists of water, tea, coffee (without cream or milk), soda (Coke, Pepsi, Diet ok to have), clear juices (i.e. apple, pure cranberry, or white grape), broth, bouillon, popsicles, Jell-O, and sports drinks. (NO red, blue, or purple dye in the liquids).**

**Step 4: The night BEFORE your procedure, at 4PM begin drinking the first dose** of prescription laxative as follows:



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



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

**NOTE:** Be sure to dilute SUPREP as shown before you drink it.



Drink **ALL** the liquid in the container. We recommend putting it on ice and consider drinking it through a straw. Use of lemon drops or Jolly Ranchers (not red or blue) may help with the taste.



You **MUST** drink two (2) more 16-ounce containers of water over the next 1 hour. We recommend you drink the water from a different cup.

**Step 5: The day OF your procedure:**

At \_\_\_\_\_ AM the day of your procedure, repeat steps 1 through 4 as shown at left.

**ONCE YOU FINISH 2<sup>ND</sup> DOSE. DO NOT EAT/DRINK ANYTHING ELSE UNTIL AFTER YOUR PROCEDURE IS COMPLETE. If you do your procedure CANNOT be done.**

Do not chew gum or tobacco. **If you currently take blood pressure and/or cardiac medication take 2 HOURS prior to procedure time, with a small amount of water.** Resume the rest of your medication after the procedure is complete.

**YOU WILL BE MEDICATED FOR THIS PROCEDURE. IT IS NECESSARY TO HAVE SOMEONE STAY WITH YOU AT THE APPOINTMENT AND DRIVE YOU HOME. YOU WILL NOT BE ABLE TO DRIVE OR GO BACK TO WORK THE REST OF THAT DAY.**

48-HR CANCELLATION REQUESTED. A NO-SHOW TO YOUR APPT WILL BE SUBJECT TO A CHARGE. PLEASE BRING YOUR INSURANCE CARD AND A PHOTO ID TO THIS APPOINTMENT.

**CONTINUE your clear liquids as desired until you start the second dose--after the second dose do not drink until after procedure.**