

## Colonoscopy with SUPREP

You will need to fill your prescription of SUPREP at a pharmacy at least 2 days prior to colonoscopy.

The preparation for your procedure is the most (critical and challenging part of your colonoscopy. Please review and follow all instructions in order to properly cleanse the bowel for proper visualization.

### DAY BEFORE YOUR PROCEDURE:

1. No solid food! Clear liquids only for breakfast, lunch, and supper. May have clear liquids until midnight.

Clear liquids are as follows:

|          |                  |                     |                       |
|----------|------------------|---------------------|-----------------------|
| Water    | Juices (no pulp) | Coffee (no creamer) | Tea                   |
| Gatorade | Soda             | Jell-O Gelatin      | Soup Broth I Bouillon |

*\*\*Avoid red or purple liquids. Do not drink milk or alcoholic beverages.*

2. **Morning:** Refrigerate SUPREP bottles.
3. **Evening:** Begin your prep at 6:00pm. Pour (1) 6 oz. bottle of SUPREP into mixing cup. Add cold drinking water to the mixing cup; fill to the 16 oz. line, which is the top line, and stir. (Must be diluted before you drink it!)
4. Drink ALL the solution in the cup, within 30 minutes if possible.
5. You must drink (2) more 16 oz cups of water over the next hour. You can use the mixing cup provided.

### MORNING OF PROCEDURE:

1. Begin drinking 2nd diluted bottle of SUPREP at 4:30a.m., repeating steps 3 through 5 from above.

*\*\*You must finish drinking the second 16 oz. glass of water at least 2 hours before your procedure, or your procedure will be delayed due to sedation requirements.*

### SPECIAL INSTRUCTIONS:

- You will need a *responsible driver* to bring you to your appointment because you *will not be able to drive at all on the day of your procedure*. The responsible driver should be available the entire procedure, should any questions or emergencies arise!
- Please bring all medications with you. Please take your blood pressure, seizure, thyroid, and breathing medications (including inhalers) on the morning of the procedure with a sip of water.
- Do NOT take insulin or any other diabetic medications on the morning of the procedure!
- We recommend that you STOP TAKING *blood thinners* such as Aspirin, Plavix, Clopidogrel, Coumadin, Warfarin, Aggrenox, Dipyridamole, Prasugrel, Effient, Cilostazol, Pletal, Pradaxa, Xarelto, and Eliquis for **4 days prior to procedure**. It is your responsibility to check with your primary care physician to see if it is safe to stop these medications. Follow your physician's advice
- If you are diabetic, only take half a dose of insulin the evening prior to your procedure. DO NOT TAKE ANY INSULIN OR ORAL DIABETIC MEDS the morning of your procedure. You may drink liquids with sugar in it (not diet) to prevent your blood sugar from dropping too low the day before your procedure.
- Leave jewelry and other valuables at home.
- You may wear your dentures/partials, but they *must be removed prior to your procedure*.

YOUR PROCEDURE IS SCHEDULED ON \_\_\_\_\_ at \_\_\_\_\_

Contact our office at (252) 535-6478 for questions. Please give at least 24 hrs notice for cancellation to avoid no-show fee.