



## **SUPREP INSTRUCTIONS**

Please follow all instructions carefully to prepare for your exam.

- You **MUST** have a driver the day of your exam.
- You are not permitted to drive for the entire day due to the medications you will receive.

### **Special Conditions:**

- Tell your gastroenterologist if you are pregnant, have a heart, lung or kidney condition, or if you have had heart valve replacement.
- Diabetics please contact your prescriber, insulin or oral medication may need adjusted by your prescriber the day before and the day of the procedure.

### **Preparation ingredients:**

- Fill prescription for SUPREP at your local pharmacy.

### **Clear Liquid Diet:**

- Gatorade, G2, Powerade, Powerade Zero, Smart Water, Pedialyte, Propel
- Clear broth, bouillon broth (no soup)
- Clear or strained fruit juice such as apple juice, white grape juice
- Carbonated and non-carbonated beverages and waters
- Jell-O and popsicles
- Coffee, tea, iced tea, lemonade (no cream, milk or non-dairy creamer)
- Hard candy
- **Avoid** beverages that are colored red or purple. **DO NOT** drink alcohol, milk, dairy products or non-dairy creamer.

### **7 days before your colonoscopy:**

- **Stop** taking iron supplements or multi-vitamins containing iron.
- **Ask your doctor for specific instructions if you take a blood thinner or take oral anti-thrombin inhibitors.**
- If on a daily regimen, take your Aspirin.
- **Stop eating nuts, seeds, popcorn**, or high fiber foods, stop taking fiber supplements.

### **2 days before your colonoscopy:**

- Start clear liquids if you tend to be constipated.

### **1 day before your colonoscopy:**

- Do not eat solid foods from the time you wake up.
- Begin drinking clear liquids (listed above) **Clear Liquid Diet**.
  - Drink 8 oz. of clear liquids every hour while awake to avoid dehydration, even during the bowel cleanse.
  - **Between 5:00 PM - 6:00 PM begin SUPREP SPLIT-DOSE REGIMEN. Complete STEPS 1 through 4**
    - STEP 1** Pour (1) 6 oz. bottle of SUPREP liquid into the mixing container.
    - STEP 2** Add cool drinking water to the 16 oz. line on the container and mix.
    - STEP 3** Drink all the liquid in the container.
    - STEP 4** Drink (2) more 16 oz. containers of water within the next hour.
- Continue the (listed above) **Clear Liquid Diet**

### **The morning of the colonoscopy:**

- **5 ½ hours before your scheduled arrival time, repeat STEPS 1 through 4** using the other 6 oz. bottle of liquid in the SUPREP kit.
- Continue (listed above) **Clear Liquid Diet**, you may consume liquids up to 4 hours prior to the procedure.
- You may take prescribed medications, unless otherwise informed, up to 4 hours prior to the procedure.
- **Nothing by mouth 4 hours prior to procedure, this includes gum, candy, mints, cigarettes or smokeless tobacco.**
- If you use an inhaler, please bring it with you.

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