

COLONOSCOPY PREPARATION FOR

SUPREP

Please follow these guidelines to adequately prepare for your colonoscopy. The following instructions will assure a safe procedure with minimal risk of cancellation.

- You may continue to take your prescribed medications until the day of your procedure.
- No Coumadin **5 days prior** to your procedure or as directed by your physician.
- If you take **insulin for diabetes**, please contact your primary physician or endocrinologist for specific dosing instructions. Make them aware you are following a clear liquid diet and are required to do a bowel prep.
- No seeds, nuts, or leafy greens **3 days prior** to your procedure.

The day BEFORE your procedure:

You may have a light breakfast **before 8:00AM**. This may include eggs, toast, cold cereal, coffee, tea, or clear juices.

AFTER 8:00AM, you are to have clear liquids only. **NO SOLID FOOD!** Clear liquids include water, juice (apple, white grape, or white cranberry), clear broth or bullion, soft drinks, sports drinks, Crystal Light, gelatin, and popsicles (frozen liquid only, **NO** fruit bars). **NOTHING RED OR PURPLE**. Coffee and tea are permitted, but **NO** liquid milk or creamer. Powdered coffee mate, sugar, and honey are okay. Drink as much of the clear liquids as possible to remain hydrated and help you feel better as you begin your prep later on.

BETWEEN 5:00PM – 7:00PM: Pour one 6 oz bottle of Suprep liquid into the mixing cup provided. Add water or the clear liquid of your choice to bring the level of liquid to the 16 oz line and mix well. **It is important to stir the solution for the recommended time so it is completely dissolved with no granules visible. This will allow for the chemical reaction that is necessary for the medication to work properly.** Drink **ALL** of the liquid in the cup

You **MUST** drink **TWO (2)** additional 16 oz glasses of water, or a liquid of your choice to flush the prep solution through your system over the next (1) hour.

The morning of your procedure:

SIX (6) HOURS BEFORE YOUR PROCEDURE: (_____AM) Repeat the instructions above using the contents of the second bottle found within the prep kit.

NOTHING BY MOUTH AFTER THESE THREE (3) GLASSES OF LIQUID!!

The prep solution will cause you to have diarrhea to clean out your colon. This is normal and you should not be concerned unless you begin to feel light-headed or very nauseous. This should not be a problem if you have had lots of clear liquids throughout the previous day. If you have any questions, please call your doctor's office.