

**SuPrep Prep for Colonoscopy BEFORE or AFTER noon**

IMPORTANT: Please read prior to your procedure.

1. You must have someone available to drive you home after your procedure as you will be sedated. You will not be allowed to drive for 24 hrs after sedation. Please note, public transportation is not allowed.
2. Five days prior to your procedure avoid the following foods: Seeds, Nuts, Popcorn, Peanuts, Corn, Peas, Apples, Raspberries, Strawberries, Cucumbers, and Tomatoes.
3. You will not be eating solid foods on the day before your procedure. You will be on a clear liquid diet the day before your procedure.

Examples of clear liquid diet include:

- Water
  - Clear Soda
  - Chicken/Vegetable/Beef Broth
  - Jell-O (nothing red or purple)
  - Popsicles (nothing red or purple)
  - Black Coffee or Tea (no Milk or cream)
  - Apple juice or White Grape juice
  - Crystal Light (nothing red or purple)
  - Gatorade (nothing red or purple)
4. It is important you complete the bowel preparation as directed. If the prep is not completed, you risk cancelling the colonoscopy and repeating again at a later date.
  5. You must drink plenty of fluids the day prior to your colonoscopy. This will ensure you are staying hydrated and will also help cleanse the colon.
  6. Blood thinners such as Aspirin, Warfarin, Eliquis, Xarelto, Pradaxa and Plavix will need to be stopped 5 days prior to your colonoscopy. Please contact the prescribing doctor to let them know you will be off your medication. You will resume your blood thinner the day after your colonoscopy. Also avoid Aleve, Ibuprofen, Naproxen and Meloxicam five days prior to your procedure. Tylenol is OK.

Bowel Preparation with the use of SuPrep

Step 1: Remember, Only clear liquids day before your procedure.

Step 2: If your procedure is scheduled before noon, please follow instruction A. If your procedure is scheduled after noon, please follow instruction B. **PLEASE ONLY FOLLOW ONE INSTRUCTION.**

- A) At 6pm evening before colonoscopy pour one 6oz bottle of SuPrep into mixing container. Add cool water to the 16oz fill line and mix. Drink all the mixture within 10 minutes. You will need to drink an additional 2 glasses (16oz) of water by 7pm. At 10pm you will consume the next bottle of SuPrep. Mix the 6oz bottle of SuPrep with 16oz cool water. Drink within 10 min. You will need to drink 2 additional glasses (16oz) of water by 11pm.
- B) At 8pm evening before colonoscopy pour one 6oz bottle of SuPrep into mixing container. Add cool water to the 16oz fill line and mix. Drink all the mixture within 10 minutes. You will need to drink an additional 2 glasses (16oz) of water by 9pm. You will complete the second half of your prep 6 hrs prior to your scheduled colonoscopy time (at \_\_\_\_\_) Mix the 6 oz bottle of SuPrep with 16oz cool water. Drink within 10 minutes. You will need to drink an additional glasses of water (16oz) withink one hour of completion.

\*Nothing by mouth 3 hours prior to your colonoscopy. This includes water, gum, candy, mints, lozenges etc.

If you become nauseated, stop drinking the bowel prep solution for half an hour and then resume. It is important to drink as much fluid during the day to prevent dehydration and to help cleanse the colon.

Scheduled Colonoscopy Date/Time: \_\_\_\_\_

Nothing by mouth starting at: \_\_\_\_\_

\*\*Plan to arrive 1 hour prior to scheduled colonoscopy time for registration and nursing preparations.