Preparing for your Colonoscopy using SUPREP Bowel Prep Kit

IMPORTANT: Please read these instructions at least 2 weeks prior to your colonoscopy.

**Bowel Preparation**

A successful colonoscopy depends on the bowel prep to cleanse the colon so that the physician can clearly view the colon. It is very important that you read and follow all the instructions provided to you well in advance of the procedure to ensure an adequate prep. Without proper preparation, the colonoscopy will not be successful and the test may have to be repeated.

A responsible adult must drive you home. The medication given during your procedure causes drowsiness, making it unsafe for you to drive or operate machinery.

Your driver MUST REMAIN IN THE FACILITY until your procedure is complete.

**Clear Liquids**

Clear liquids includes: Water, coffee, tea, Kool-Aid, carbonated beverages (Coke, Pepsi, and diet, etc. NO RED). Jell-O, sherbet, fruit ice, popsicles, clear broth, bullion, clear fruit juices, Crystal Light, Special K Clear protein drink, Propel, Gatorade, and hard candy.

**NOTE!** AVOID RED-COLORED drinks, Jell-O or popsicles.

**When to Begin Prep**

**ALL PATIENTS**

First Dose: Begin Step 1 at 4:00pm the evening before your procedure and proceed as shown below.

- **Step 1)** Pour One (1) 8-ounce bottle of SUPREP liquid into the mixing container.
- **Step 2)** Add cool drinking water to the 16-ounce line on the container and mix. **NOTE:** Dilute the solution concentrate as directed prior to use.
- **Step 3)** Drink ALL the liquid in the container.
- **Step 4)** IMPORTANT: You MUST drink two (2) more 16-ounce containers of water over the next 1 hour.

**Day of the Procedure**

Second Dose: 2 hours prior to your arrival time given to you by the OR department.

For this dose, repeat Steps 1 through 4 shown above using the other 6-ounce bottle.

Take all medications on the day of your procedure with a small sip of water in the morning.

**If you are Asthmatic, please bring your rescue inhaler with you.**

**If you are diabetic, please DO NOT take your medication. Test your blood sugar prior to your visit. Bring your results and medication with you.**

**DO NOT** stay home alone, operate heavy machinery, drive a vehicle or make legal decisions following your procedure for the remainder of the day. You may resume your normal activities the following day.

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**Five (5) Days Before the Procedure**

DO NOT take bulk-forming agents (such as Metamucil, Citrucel, Benefiber, etc.).

DO NOT take iron-containing preparations (such as multi-vitamins containing Iron.) These products may make it more difficult to see the colon.

DO NOT take aspirin or aspirin containing medication (such as Excedrin or Bufferin).

DO NOT take any other blood thinners as directed. Coumadin (warfarin), Plavix (clopidogrel), Ticlid (ticlopidine hydrochloride), Agrylin (anagrelide).

**Two (2) Days Before the Procedure**

DO NOT eat peas, beans, corn, popcorn, nuts, seeds (sesame, poppy), multigrain bread, salads, cheese or high fiber foods for two (2) days prior to the procedure.

DO NOT take anti-inflammatory medications such as Motrin, Advil (ibuprofen), or Aleve (Naproxen).

**One (1) Days Before the Procedure**

You may have a light breakfast. It is essential to drink at least 8 ounces of clear liquids, every hour after awakening to prevent dehydration. **DRINK! DRINK! DRINK!**

If you are unable to keep your appointment, please contact our office 72 hours prior to your appointment. If you have any questions, please call 607-324-4134.