

## INSTRUCTIONS FOR COLONOSCOPY SUPREP BOWEL PREP

### **FIVE TO THREE DAYS PRIOR TO YOUR EXAM**

- Purchase your SUPREP bowel prep at the pharmacy.
- Discontinue all blood thinning drugs (prescription and non-prescription), including:
  - ✓ Coumadin, Plavix, Xarelto, Eliquis, Pradaxa, Prasugrel, Brilinta, Cilostazol, Aggrenox, (Anacin, Excedrin, Advil, Naprosyn (Naproxen), Alka Seltzer, Ibuprofen, Motrin, Aleve or any arthritis pain medications.

**REMEMBER! The physician that prescribed your blood thinner medication MUST approve this action BEFORE you discontinue these medications when you are taking them for blood thinning.**

### **ONE DAY PRIOR TO EXAM**

- Restrict your diet to CLEAR LIQUIDS ONLY. No solid food until after the procedure and stay hydrated.
- CLEAR LIQUIDS INCLUDE water, chicken/beef/vegetable broth, flavored waters, apple juice, Jell-O, Kool-Aid, coffee, tea, Sprite, Gatorade, PowerAde, Mountain Dew, Coke/Pepsi, Root beer, and Slurpee's. DO NOT DRINK milk or use any dairy or non-dairy creamer in your coffee or tea. DO NOT DRINK anything colored RED, PURPLE, BLUE or ORANGE or that contains pulp material. DO NOT DRINK alcoholic beverages.
- In using your SUPREP kit the evening prior to exam, follow the timeline below:
  - At 5:00 p.m. complete steps 1 through 4 using a six-ounce bottle.
  - Step 1: Pour One 6-ounce bottle of SUPREP liquid into the mixing container.
  - Step 2: Add cold drinking water to the 16-ounce container and mix.
  - Step 3: Drink ALL the liquid in the container.
  - Step 4: You MUST drink two more 16-ounce containers of water over the next hour.
- At 4:00 a.m. complete steps 1 through 4 using a six-ounce bottle.

\*NOTE: If you become nauseated during the prep, stop for one hour and then resume. You must finish ALL the prep. Please look in the toilet to see if your results are clear or yellow in color. If your bottom gets sore during the prep you can use baby wipes, Vaseline, or Desitin applied to the anal area for relief.

### **DAY OF YOUR PROCEDURE**

- You may NOT have anything to EAT UNTIL AFTER THE PROCEDURE and may ONLY HAVE CLEAR LIQUIDS up until 3 HOURS PRIOR to your check in time.
- You MUST be accompanied by an adult who will remain at the facility and drive you home after your colonoscopy. You may NOT work or drive for 12 hours after the procedure. Plan on spending two to three hours at the facility.
- Wear comfortable clothing. Bring your glasses, hearing aids, insurance cards and completed information forms, if applicable. Avoid bringing valuables.

**Friendly Reminder: If you cancel your procedure with less than 48 hours' notice you will be charged a 150.00 cancelation fee**

