

SUPREP Preparation for Colonoscopy

(with Low Residual Diet)

In order to achieve an accurate evaluation of your lower gastrointestinal (GI) tract, it is important that you properly prepare for the procedure. Doctors are able to obtain the clearest view of the bowel when it is flushed completely free of waste material. The thoroughness of this intestinal cleaning depends on you. Without your cooperation, the examination cannot accomplish its purpose: significant growths could be missed or your exam may have to be repeated.

If you are taking **anticoagulants or blood thinners** such as, but not limited to, Coumadin (warfarin), Plavix (clopidogrel), Persantine, Aggrenox, Effient, Pradaxa, Xarelto or Eliquis, please discuss this with your Health Care Provider. In most circumstances, these medications are temporarily discontinued between 2 and 7 days prior to your procedure depending on the medication.

Supplies

1. SUPREP Bowel Prep Kit – Prescription sent to your local pharmacy.
2. Miralax – Available over-the-counter (*optional*)

7 Days Before Procedure

1. Do not consume any foods that contain seeds, nuts, or corn. These foods take longer to pass through the bowel and should be avoided (examples include chia, blackberries, almonds, quinoa, popcorn)

2. If your doctor recommends using Miralax prior to your procedure, begin taking it now. Using between 1-2 capfuls daily to help get your bowels moving will make the day prior to your procedure much easier.
3. Do not take oral iron tablets.

3 Days Before Procedure

1. Please avoid any ibuprofen nonsteroidal anti-inflammatories – NSAIDS products (examples include ibuprofen, naproxen, meloxicam). Tylenol (acetaminophen) is allowed. If you are on aspirin you may continue the aspirin. However, you may wish to hold it if you take aspirin only as a general preventative.)

The Day Before Procedure

1. All day until 4:00 pm, Follow the instructions for a Low Residual Diet.
2. Approximately 4:00 p.m., take the FIRST DOSE of SUPREP. Pour one 6-ounce bottle of SUPREP into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. Drink ALL the liquid in the container within 20 minutes. You must drink two (2) more 16-ounce containers of water over the next 1 hour. After the second glass of water you may continue to drink clear liquids.

On the Day of the Procedure

1. At _____ (5 hours before your scheduled procedure time), take the SECOND DOSE of SUPREP. Pour one 6 ounce bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16 ounce line on the container and mix. Drink ALL the liquid in the container. You must drink two (2) more 16 ounce containers of water over the next 1 hour. You must have completed the prep 4 hours prior to your procedure time. NOTE: If you are scheduled for an early morning procedure, you will need to set your alarm to assure the preparation is

taken at the correct time. We are aware of the inconvenience but the two-stage prep provides a superior cleansing of the colon.

2. 3 hours before your procedure, take any currently prescribed heart and blood pressure medications with a small sip of water.
3. If you are diabetic: Do not take your diabetic medications (pills or insulin) the morning of your procedure. If you normally monitor your blood sugars at home, please check your blood sugar the morning of your procedure.
4. Do NOT eat or drink anything after taking your second dose of preparation until AFTER your procedure has been completed.
5. No chewing gum, hard candy, or chewing tobacco within 4 hours of your procedure.
6. Please report to your appointment at the scheduled time. NOTE: Plan to be at the procedure center for about two and one-half hours.
7. A driver must come with you in order to drive you home after the procedure. You will be sedated for your colonoscopy. You may not drive or work until the day following your procedure. If the center cannot verify your ride home, your procedure could be cancelled.
8. You will receive instructions about diet, activity and restarting medications after your procedure. Plan to rest and avoid important decisions for the remainder of the day since you have been sedated.