

SUPREP INSTRUCTIONS FOR COLONOSCOPY

One Week before the Procedure

- Purchase the SUPREP Bowel Prep Kit. You need a prescription for the kit. Check with your insurance company if the prep is covered.
- If your insurance does not cover the cost of the kit, you will need a prescription for a different prep.

5 Days before the Procedure

- Stop eating raw vegetables, seeds, corn, and nuts

3 Days before the Procedure

- Stop taking iron supplements
- Stop taking blood thinners after discussion with your doctor. These include Coumadin, Plavix, Pradaxa, Xarelto, Brilinta, Eliquis and Aspirin.
- If you take diabetes medication, take only half the dose on the day before your procedure and none on the day of your procedure.

One day before the Procedure

- Consume only clear liquids from the time you wake up. You may take clear broth, iced tea, carbonated beverages, jello, or popsicles. Do not consume any red or purple liquids or jello.
- At 6 pm pour one 6-ounce bottle of Suprep into the mixing container and add cool drinking water up to the 16-ounce line on the container and mix. YOU MUST DRINK two more 16-ounce containers of water or a clear liquid over the next one hour.
- The laxative effect can start within 1-4 hours. Be prepared to be near a bathroom.
- Continue to drink liquids until bedtime.

The Day of the Procedure

- In the morning, 6 hours before your procedure time pour the remaining 6-ounce bottle of Suprep into the mixing container. Add cool drinking water up to the 16-ounce line on the container and mix. YOU MUST DRINK two additional 16-ounce containers of water or a clear liquid over the next one hour.
- Do not drink anything, including water, for 4 hours before your arrival time.

You must have someone available to drive you home. Public transport or Uber is not allowed. Your procedure will be canceled if you do not have someone available to drive you home.