

## **Colonoscopy Preparation with SUPREP**

Date of Procedure:	Arrival Time:
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\*\*\*Your SuPrep solution has been called into your pharmacy. Please pick this up soon.\*\*\*

DO <u>NOT</u> FOLLOW THE INSTRUCTIONS ON THE SUPREP BOX

If you normally take Pletal (Cilostazol), Jantoven, Plavix (Clopidogrel), Coumadin, Warfarin, Persantine (Dipyridamole), Eliquis (Apixaban), Aggrenox, Xarelto or Pradaxa (Dabigatran) then we will contact your prescribing physician to make sure that it is okay for you to stop for the recommended number of days. We will contact you once they have responded. Do not stop aspirin for the procedure.

**FOUR DAYS BEFORE PROCEDURE:** Discontinue eating any foods with seeds, nuts, fruit or vegetables with skin and corn. Also avoid multivitamins as well as iron, herbal and homeopathic supplements (unless advised by a physician).

## ✓ If your physician has recommended that you take Miralax in addition to the SUPREP

solution before procedure, due to a history of severe constipation or other medical indication, you will need to purchase Miralax 119 gram bottle and take 17 grams (one capful) of Miralax in 8 oz of water twice a day, beginning 3 days before procedure.

**ONE DAY BEFORE PROCEDURE:** Clear liquids such as broth or bouillon, Jell-O, popsicles and Gatorade (NO red or purple), tea, coffee, clear soft drinks and water are allowed. *NO SOLID FOOD OR MILK PRODUCTS*.

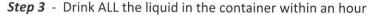
Diabetics: Insulin Pump – Follow instructions from Endocrinologist

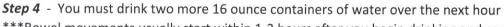
Oral Diabetic or Insulin Dependent – Take half of your normal dose unless otherwise instructed.



## Beginning at 5:00 pm, complete steps 1 through 4:

- Step 1 Pour one 6 ounce bottle of SUPREP liquid into the mixing container
- Step 2 Add cool drinking water or Gatorade (no red or purple), filling to the 16 ounce line on the container and mix thoroughly





\*\*\*Bowel movements usually start within 1-2 hours after you begin drinking and can continue 1-2 hours after you finish.\*\*\*



## DAY OF PROCEDURE:

- 6 hours before your procedure discontinue all forms of tobacco products
- 5 hours before your procedure, repeat steps 1 through 4 using the remaining 6 ounce bottle of SUPREP. You must finish the final glass of clear liquid at least 3 hours before your procedure.
- You may have clear liquids, gum and hard candy up to 3 hours before your procedure
- \*\*IF YOU TAKE BLOOD PRESSURE MEDICATIONS, YOU MAY TAKE THEM 3 HOURS PRIOR TO YOUR PROCEDURE TIME.
- \*\*IF YOU ARE A DIABETIC, DO NOT TAKE YOUR MEDICATIONS BUT PLEASE BRING THEM WITH YOU.
- \*\*DO NOT TAKE HEPARIN OR LOVENOX ON THE DAY OF PROCEDURE.