

Colonoscopy Preparation Instructions

Suprep

ONE WEEK BEFORE COLONOSCOPY

- Please notify our nursing staff if you have had any major health or medication changes since scheduling your procedure. This could affect your preparation instructions.
- Arrange for a licensed adult driver to take you home. By law, you may not drive for the rest of the day after your procedure. Public transportation is allowed with an adult escort.
- Pick up the prescribed bowel preparation kit at your pharmacy. We recommend that you call your pharmacy prior to picking up the prep to ensure they have the prescription.
- **Medications**
 - If you take any blood thinners, i.e. Coumadin, Plavix, Pradaxa, etc., please call our nursing staff if you have not received special instructions.
 - May continue to take regular medications, unless instructed by provider or nursing staff
 - May continue to take NSAIDS (Ibuprofen, Aleve, Motrin), Aspirin, and Tylenol, if needed
- **Stop Taking**
 - Iron pills or vitamins with iron
 - Fish Oil
- **Stop Eating**
 - Seeds, nuts, tomatoes, berries, breads with seeds or nuts

ONE DAY BEFORE COLONOSCOPY

- Start clear liquid diet. No solid foods, red or purple liquids, chewing gum, and alcohol.
- Mix bowel prep solution:
 - Suprep contains two 6 oz. bottles. You will drink one bottle the night before the colonoscopy and the second bottle the morning of the colonoscopy.
 - Start drinking prep between 5-9 pm
 - Pour one 6 oz. bottle of Suprep liquid into the mixing container.
 - Add cool drinking water to the 16 oz. line on the container and mix.
 - Drink all the liquid in the container.
- After finishing the container, you **MUST** drink two (2) more 16 oz. containers of water over the next 1 hour.
- Nausea is common while drinking prep. If this occurs, stop drinking for 30 minutes before restarting.

- Walking around may help relieve nausea.
- **Patients that are Diabetic**
 - Evening Dose Only: Take ½ the dose of your diabetic medication(s) the day before your procedure
 - No dose the day of the procedure

DAY OF COLONOSCOPY

- Continue clear liquid diet–No Solid Food.
- May take blood pressure, heart, or seizure medication the morning of the test. Hold all other medication. Be sure to take medication two hours prior to test.
- Start drinking prep five (5) hours prior to arrival time:
 - Pour one 6 oz. bottle of Suprep liquid into the mixing container.
 - Add cool drinking water to the 16 oz. line on the container and mix.
 - Drink all the liquid in the container.
 - After finishing the container, you **MUST** drink two (2) more 16 oz. containers of water over the next 1 hour.
- **NOTHING TO EAT OR DRINK TWO HOURS PRIOR TO ARRIVAL TIME. NO CHEWING GUM.**
- Wear comfortable clothes; two-piece outfit is preferable.
- Leave valuables at home
- Arrive on time at the designated location with completed paperwork, photo ID, and insurance card.
- You **must** have a responsible adult drive you home. Though they may not remain in the waiting room during the procedure, they will need to be somewhere close by as they will be called to come pick you up once your procedure is finished; which is approximately 90 minutes. If you do not have a ride arranged we will not be able to perform the procedure.