

Colonoscopy Instructions for SUPREP

FIVE (5) DAYS PRIOR:

STOP taking Iron, fish oil, vitamin E

STOP eating all seeds, nuts, popcorn

OK to take any other regular medications

* If you take any blood thinning medication, such as Coumadin, Pradaxa, Eliquis, Plavix, Savaysa, among others, your prescribing physician will be contacted by our office, and we will contact you with any special instructions. If you have not heard from our office within a week of your procedure, call the CGA nurse's line at 434-817-8484 ext. 3

If you have had a problem with constipation in the past, TWO DAYS prior to your procedure, take 30ml of Milk of Magnesia at 6:00PM

DAY BEFORE PROCEDURE:

Clear liquid diet ALL day for breakfast, lunch and dinner. Clear liquids include; Apple/white grape Juice, Sprite, Gatorade, Chicken Broth, Jello (no red, blue or purple coloring), black coffee (no milk or cream) & tea. NO SOLID FOOD!!

1. At 4:00 P.M. pour one (1) 6-ounce bottle of Suprep liquid into the container.
2. Add cool drinking water to the 16-ounce line on the container and mix.
3. Drink ALL of the solution in the container within 1 hour.
4. You must drink two (2) more 16-ounce containers of water over the next 1 hour.

Diarrhea usually starts between 1 and 3 hours after starting to drink the fluid, and may last up to 3 hours, but then should stop.

MORNING OF PROCEDURE:

NO SOLID FOOD UNTIL AFTER YOUR PROCEDURE

Four hours before your appointment time, repeat steps 1-4 above, using (reverse page) the other 6-ounce bottle of Suprep. Be sure to drink all of the 16-ounce mixed solution within an hour and then both of the 16-ounce cups of water, within the following hour.

Once you have completed the second 16-ounce cup of water, STOP ALL LIQUIDS.

If you are having a double procedure (upper endoscopy and colonoscopy at the same time) drink the second dose of prep 7 (seven) hours prior to the procedure.

DO NOT DRINK ANYTHING 3 hours prior to your procedure (6 hours for double procedure).

* If you are on Antihypertensive / Blood Pressure medication, you SHOULD continue to take them as usual with a sip of water, no later than 3 hours before. If you are diabetic, do not take your morning insulin and/or oral diabetic medications.