



CHARLOTTE  
GASTROENTEROLOGY &  
HEPATOLOGY, P.L.L.C.

### COLONOSCOPY PREPARATION WITH SUPREP

PATIENT: \_\_\_\_\_ DATE OF PROCEDURE: \_\_\_\_\_

HOSPITAL OR FACILITY: \_\_\_\_\_ ARRIVAL TIME: \_\_\_\_\_

#### **DO NOT FOLLOW INSTRUCTIONS ON THE SUPREP BOX**

If you normally take Coumadin, Plavix, Xarelto, Effient, Brilinta, or Eliquis, then **please contact the prescribing physician to make sure that it is okay to stop them for the recommended number of days:** If you take Coumadin, Plavix, Effient or Brilinta stop 5 days prior to colonoscopy. If you take Xarelto or Eliquis stop 2 days prior to colonoscopy. If your prescribing doctor says that it is not okay to stop, please contact our office. Do not stop aspirin for the procedure.

**FOUR DAYS BEFORE PROCEDURE:** Discontinue eating any CORN or TOMATOES, POTATO CHIPS, NUTS, POPCORN or any FRUIT/VEGETABLE with SMALL SEEDS in it. Also avoid IRON TABLETS (unless advised by physician) and OIL-BASED SUPPLEMENTS (Fish oil, etc.).

**ONE DAY BEFORE PROCEDURE:** Start clear liquid diet all day such as broth or bouillon. Jell-o (excluding red or purple), coffee (black or with sugar, but no creamers, even non-dairy creamers), tea, fruit juices without pulp such as white grape or apple juice and clear soda (Sprite, 7-Up, ginger ale, etc). You may also have Gatorade, popsicles (not red), Kool-Aid (Not red) and lemonade without pulp. **NO MILK OR MILK PRODUCTS. \*\*PLEASE MAKE SURE YOU DRINK PLENTY OF CLEAR LIQUIDS THROUGHOUT THE DAY.**

**Your physician has recommended a SUPREP split dose (two day) regimen. Both 6 ounce bottles are required for a complete prep.**

On the evening before your procedure **at 6 pm** complete steps 1 through 4 using one 6 ounce bottle before going to bed. (You may start earlier).

- \*Step 1 Pour ONE (1) 6 ounce bottle of SUPREP liquid into the mixing container.
- \*Step 2 Add cool drinking water to the 16 ounce line on the container and mix.
- \*Step 3 Drink **ALL** the liquid in the container at **6 pm**.
- \*Step 4 You **must** drink two (2) more 16 ounce containers of water over the next hour.

**ON THE MORNING OF YOUR PROCEDURE:** (AT LEAST 6 hours prior to your procedure): Repeat steps 1 through 4 using the other 6 ounce bottle. You must finish drinking the final glass of water at least 4 hours, or as directed, before your colonoscopy.

**YOU MAY HAVE CLEAR LIQUIDS UP TO 4 HOURS PRIOR TO YOUR PROCEDURE.**

**YOU MUST HAVE SOMEONE AT LEAST 18 YEARS OF AGE OR OLDER BRING YOU TO THE OFFICE/HOSPITAL, REMAIN AT THE FACILITY DURING YOUR PROCEDURE AND TAKE YOU HOME.**

**IF YOU TAKE BLOOD PRESSURE MEDICATION, YOU CAN TAKE IT THE MORNING OF YOUR PROCEDURE With A SMALL SIP OF WATER.**

**If you need to cancel an IN OFFICE procedure, please notify us within 3 business days (72 hours of your procedure) of the cancellation. Otherwise a \$100 fee will be assessed.**

**If you have any questions, please call (704) 377-4009**

**Revised June 2015**