



Colonoscopy Preparation with SUPREP

Patient _____ Doctor _____

Location _____ Arrival Time _____ AM PM

Date of Procedure _____

Do not follow the 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 procedure. If you take Xarelto or Eliquis stop 2 days prior to procedure. If your prescribing doctor says that it is not okay to stop, please contact our office. Do not stop aspirin for the procedure. If you take Phentermine, please stop 14 days prior to 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 (except red or purple), coffee (black or with sugar, but no creamers, even non-dairy creamers), tea, clear 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 (except red or purple), Kool-Aid (except red or purple) and lemonade without pulp. No milk or milk products. This includes SlimFast, Ensure and protein drinks. 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 **6:00 pm** complete steps 1 through 4 using one 6-ounce bottle before going to bed.

1. Pour one (1) 6-ounce bottle of SUPREP liquid into the mixing container.
2. Add cool drinking water or another clear liquid of your choice (see above listing of clear liquid choices) to the 16-ounce line on the container and mix.
3. Drink all the liquid in the container at 6 pm.
4. You must drink two (2) more 16-ounce containers of water over the next hour.

ON THE MORNING OF YOUR PROCEDURE: 6 hours prior to the procedure time, 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 procedure time.

DO NOT EAT OR DRINK ANYTHING 4 Hours before your procedure.

No gum/mints/hard candies are allowed on the day of your procedure.

If you take blood pressure medication, you may take it the morning of your procedure with a small sip of water.

Someone at least 18 years of age or older must bring you to the procedure, remain at the facility during your procedure, and take you home after the procedure. Otherwise your procedure will be canceled.

If you have any questions, please call 704-377-4009.

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