

Suprep Bowel Preparation

Very Important: Please read and follow all instructions carefully to ensure adequate bowel preparation. Inadequate bowel preparation for colonoscopy can result in missed lesions, cancelled procedures, increased procedural time, and a potential increase in complication rates.

Purchase at Pharmacy: Fill your prescription of the bowel prep that was given to you.

3 days prior to the procedure: Do not eat any corn, popcorn, seeds, nuts, and beans.

The day before the procedure (Breakfast, Lunch, and Dinner):

- 1) **Absolutely NO solid food:** Clear liquids only such as water, strained fruit juices, (apple, white grape, lemonade, clear broth, coffee, and tea (without creamer), Gatorade, plain jello, kool-aid, popsicles (**no red or purple**) and clear soft drinks
- 2) At **5:00pm** pour one (1) 6-oz bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16-oz fill line on the container and mix. **Drink ALL liquid in the container.**
- 3) You **MUST** drink two (2) more 16-oz containers of water over the next hour.
- 4) At **8:00pm** pour the other one (1) 6-oz bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16-oz fill line on the container and mix. **Drink ALL liquid in the container.**
- 5) You **MUST** drink two (2) more 16-oz containers of water over the next hour.
- 6) You can continue drinking clear liquids until bedtime. However, you may have nothing to eat or drink after midnight

On the day of the procedure:

- 1) Do not eat or drink anything that day.
- 2) Diabetic Medications are not to be taken the morning of the procedure.
- 3) If you take medications in the morning you may only take heart, seizure, blood pressure or chronic pain medications with a small sip of water 3 hours before your procedure.

Prior to the procedure:

Prescription medications to stop before the test:

*Check with your primary care physician or prescribing physician for instructions if you take any of the following medications which are normally held prior to a procedure.

Coumadin (stopped 4 days before the test)

Iron Supplements (stopped one week before test)

Medication to avoid 4 days before the test

Non-steroidal anti-inflammatory medicines including:

Advil Aleve Ascriptin Celebrex Clinoril Diclofenac Empirin Feldene Ibuprofen Indocin Indomethacin
Medipren Motrin Naprosyn Nuprin Piroxicam Sulindac Voltaren

All of these medications should be avoided for 4 days prior to your procedure in case you require a biopsy during the exam. By avoiding these, your risk for any post-procedure bleeding is lessened.

Tylenol and other brands that contain acetaminophen are safe to use prior to your procedure.

*For your safety, you must have an adult accompany you to the procedure and remain at the facility the entire time in order to provide transportation afterward. Due to the medications you will be given, you will be unable to work, drive, or take public transportation after your procedure. It is a good idea to arrange for an alternate person to accompany you in the event that your primary support person is unable to do so.