

Pre-Procedure Instruction for Colonoscopy

SUPREP, Split Prep

Only use this preparation if directed to by your specialist.

The preparation for your colonoscopy is among the most critical and challenging parts of your colonoscopy. The bowel MUST be adequately cleansed for proper visualization. Please follow the instructions closely.

Seven (7) days before your procedure:

- 1. If you take COUMADIN or PLAVIX, you must call your GI doctor's office at least seven days before your appointment so we can discuss whether these medications can be stopped safely before the procedure. We will need to know about whether you have atrial fibrillation or have received any cardiac stents or artificial heart valves.**
- 2. If you have diabetes and take medication to control your blood sugar, contact your primary care physician or diabetes specialist for instructions about how to take your diabetic medication while preparing for this procedure.**
- 3. Stop taking iron or multivitamins if they contain iron.**
- 4. Start a low roughage diet and do not eat corn, raw vegetables, nuts, popcorn, seeds, fresh fruit, salad, or fiber supplements (Metamucil). You may restart your regular diet again after the procedure.**

Two (2) days before your procedure:

- 1. Stop arthritis medications such as Motrin, Ibuprofen, Advil and Naprosyn for two days before the procedure, as these medications may increase your risk of bleeding. Tylenol is okay to take.**
- 2. Purchase Suprep Bowel Prep kit from your pharmacy. Your prescription most likely has already been electronically sent to your pharmacy of record. If we did not have this information, or were unable to electronically prescribe your prescription, it will be included with this packet of paperwork.**
- 3. The kit contains; two 6 oz bottles of Suprep solution, a plastic mixing container, and instructions for mixing the solution.**
- 4. If you are usually constipated or sometimes use a laxative, take two tablespoons of Milk of Magnesia at 8:00 pm.**

The Day before the Procedure:

- 1. You may have a 'light breakfast'. Suggestions include white toast, eggs, tea, coffee.**
- 2. Begin a clear LIQUID diet at lunch and continue this diet until three hours before your procedure. A clear liquid diet includes water, tea, black coffee, clear broth, apple juice, white grape juice, Gatorade, soda, and Jell-O (not red or purple). No dairy, orange juice, or anything red or purple in color. Do not drink sugar-free drinks. All patients, including those with diabetes, should be sure to get enough sugar during this time.**

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3. Before going to bed complete steps 1 through 4 (printed below and on your kit) using one (1) of the 6-ounce bottles from the kit (see photos for mixing instructions).
4. You will consume the second bottle either overnight, or on the morning of the procedure.

Hints:

- If you feel nauseous, a glass of water or ginger ale may help settle your stomach. Wait a while and continue with the prep.
- Use moist baby wipes instead of toilet paper.

Overnight and/or On the day of the Procedure:

1. If your procedure is scheduled before 9:00am, then 3-4 hours after completing step 3 above, repeat steps 1 through 4 (printed below and on your kit) using the second 6-ounce bottle from the kit. (see photos for mixing instructions).
2. If your procedure is scheduled for 9:30am or later, then on the morning of the procedure, repeat steps 1 through 4 (printed below and on your kit).
3. You must COMPLETE the ENTIRE PREP as well as Step 4 (drinking TWO (2) FULL CONTAINERS FULL OF WATER) at least three (3) hours BEFORE your scheduled procedure time.
4. You *should take your usual medications* (except diabetic medicine) with a few sips of water at least one (1) hour before, or one (1) hour after taking the second dose of the prep drink. It is particularly important that you take your usual blood pressure, heart and lung medications.
5. Stop all liquids three hours before your procedure, and do not eat or drink anything further until after your procedure.
6. If you have diabetes and routinely do a finger stick, do so prior to coming to the unit.
7. Wear loose-fitting comfortable clothes; leave all jewelry at home.

Instructions for use continued (refer to side panel)
Your doctor has recommended split-dose SUPREP

Split-Dose (2-Day) Regimen
(Both 6-ounce bottles are required for a complete prep.)

- On the evening before procedure (or when your doctor tells you to begin) complete steps 1 through 4 using one (1) 6-ounce bottle before going to bed
- On the morning of your procedure, repeat steps 1 through 4 using the other 6-ounce bottle

Note- You must finish drinking the final glass of water 3 hours before your scheduled procedure

NOTE: Dilute the solution concentrate as directed prior to use.

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.

STEP 4



IMPORTANT
You **must** drink two (2) more 16-ounce containers of water over the next 1 hour.

Please read full prescribing information in this kit.

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After the Procedure:

- 1. You will be monitored in the Endoscopy recovery area for approximately 30 minutes.**
- 2. Please carefully review your discharge paperwork for follow up instructions.**
- 3. You may have some abdominal bloating and gas after the procedure. It should resolve within a few hours.**
- 4. You may eat your usual diet after the procedure, unless advised otherwise.**
- 5. If you have any rectal bleeding or pain following the procedure, contact us immediately.**
- 6. You must have a responsible adult accompany you home.**

Please be sure to verify the location of your procedure with your GI doctor's office.