Suprep Bowel Prep Colonoscopy Instructions

***READ ALL INSTRUCTIONS UPON RECEIPT***

(You must bring someone with you to drive you home safely, due to sedation)

Medications:
Five (5) days prior to procedure stop all:
• Vitamins
• Blood thinners – contact your prescribing doctor before stopping
• Iron pills
• Stool formers (Imodium, fiber supplements)
Foods to avoid:
Two (2) days prior to procedure avoid the following:
• Nuts
• Seeds
• Raw vegetables

***You should continue your blood pressure medication, seizure medication, and aspirin unless instructed not to***

Upon awakening, the day before your procedure, start a clear liquid diet (NO SOLID FOOD).

Diet:
Nothing RED or PURPLE, No Milk/Milk Products and No Non-Dairy Creamer:
Acceptable List of Clear Liquids:
- Water
- Gatorade™
- White grape juice
- Lemonade
- Apple juice
- Bouillon
- Soft drinks – clear
- Tea
- Coffee (black)
- – Hi-C™ or CrystalLite™
- – Popsicles
- – Jell-O™

Prep:
At 5:00 PM, the day before your appointment, begin drinking the 1st dose of Suprep
• Pour one (1) 6-oz bottle of Suprep liquid into container
• Add cool drinking water to the 16-oz line and mix
• Drink all liquid in the container (drinking small amounts over 1 hour is more tolerable)
• Drink two (2) 16-oz containers of water over the next two (2) hours
• Continue clear liquid diet as above (NO SOLID FOOD)

Five (5) hours prior to your arrival time, on the day of your procedure, drink the second dose of Suprep
• Pour one (1) 6-oz bottle of Suprep liquid into container
• Add cool drinking water to the 16-oz line and mix
• Drink all liquid in the container (drinking small amounts over 1 hour is more tolerable)
• Drink two (2) more 16-oz containers of water over the next hour (NOTHING ELSE AFTER THIS)

DO NOT DRINK OR EAT ANYTHING ELSE (NO WATER/DO NOT CHEW GUM)

***Not following all of these instructions will result in your procedure needing to be canceled and rescheduled***