

Colonoscopy Prep Instructions:
SUPREP

IMPORTANT - Please Read Both Pages of These Instructions at Least 1 Week Before Your Colonoscopy.

A Pre-Endoscopy nurse will call you within 24-72 hours of your procedure for an important health history interview.

Key Instructions:

Your doctor has scheduled you for a colonoscopy. To have a successful colonoscopy, your colon must be clear of any stool. Follow all of the instructions in this handout **EXACTLY** as they are written. If you do not follow the directions, your procedure may be canceled.

- SUPREP is a split-dose (2-day) regimen. A total of 2 6-ounce bottles are required for a complete prep. You will take the liquid prep in two doses over 2 consecutive days. Water must be consumed with each dose of SUPREP, and additional water must be consumed after each dose.
- Buy your bowel preparation at least **5 days** before your colonoscopy.
- A responsible family member or friend **MUST** drive you home from the procedure. You are **NOT ALLOWED** to drive or leave the Endoscopy Center **ALONE**. If you do not have a responsible driver (family member or friend) with you to take you home, your exam will need to be rescheduled.

Medications:

Before your colonoscopy some of the medicines you take may need to be stopped or adjusted temporarily, please check with your primary physician for instructions.

- You may take your regular pills with sips of water up to 3 hours before your procedure. This includes most pain pills. **Pain pills to STOP taking 3 days prior to your procedure include Motrin, Ibuprofen, Daypro, Indocin, Advil, Nuprin, Naproxen, Aleve, Feldene, Voltaren, Celebrex, Relafen, Mobic, Lodine, Toradol, Ketoprofen, and Arthrotec.**
- **DO NOT TAKE IRON PILLS FOR 3 DAYS BEFORE YOUR PROCEDURE.**
- If you are prescribed blood thinners, ask your Primary Care Provider at least 2 weeks before the scheduled test **if and when** you should stop taking these medications. Blood thinners include Aggrastat (tirofiban), Aggrenox, Brilinta (ticagrelor), Coumadin (warfarin), Eliquis (apixaban), Heparin, Lovenox, Persantine, Plavix (clopidogrel), Pradaxa (dabigatran), Savaysa, and Xarelto (rivaroxaban).
- If you are taking Aspirin 81 mg or less, you may continue. **Do NOT** take more than 81 mg daily for 7 days prior to your procedure.
- If you are diabetic, you will be given instructions about diabetic medications during the pre-endoscopy interview.

FIVE (5) Days Before Your Colonoscopy You Need to Buy the Following:

- SUPREP Bowel Prep Kit. This prescription should have been sent to your pharmacy.

ONE (1) Day Before Your Colonoscopy

DO NOT eat any solid food. Drink ONLY clear liquids until after the colonoscopy.

Liquids that are OK to Drink:

- Coffee or tea (no cream or nondairy creamer)
- Fruit juices without pulp (**no red or purple juices**)
- Gelatin desserts (no fruit or topping), (**no red or purple gelatin**)
- Water
- Chicken broth
- Soft drinks (such as ginger ale), (**no red or purple drinks**)

What you CANNOT DO:

- Do not drink milk
- Do not eat or drink anything colored red or purple
- Do not drink alcohol
- Do not take oral medications within 2 hour of starting each dose of SUPREP and not less than 6 hours after
- Do not take other laxatives while taking SUPREP Bowel Prep

DOSE 1: On the evening before your colonoscopy

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

IMPORTANT: If you experience preparation-related symptoms (for example, nausea, bloating, or cramping), pause or slow the rate of drinking the additional water until your symptoms diminish.

DAY of the Colonoscopy

The morning of the colonoscopy continue to drink ONLY clear liquids.

Stop drinking at least 2 hours prior to your procedure.

DOSE 2

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

IMPORTANT: If you experience preparation-related symptoms (for example, nausea, bloating, or cramping), pause or slow the rate of drinking the additional water until your symptoms diminish.

You must finish drinking the final glass of water at least 2 hours, or as directed, before your colonoscopy.

If you need to reschedule, cancel, or have any questions about your procedure please contact the Endoscopy Nurse Navigator at 231-487-4398 or 231-487-5736 before 4 pm.