
Colonoscopy Preparation Instructions (Suprep)

Patient Name: _____

Date of Procedure: _____

7 Days Prior to Your Colonoscopy

- You must be off Aspirin/NSAIDS and other blood thinners (Coumadin/Warfarin, Lovenox, Plavix, Xarelto, Eliquis) 7 days prior to the procedure. Tylenol is ok to take.
- Please have the prescription for **Suprep Bowel Prep Kit** filled at your pharmacy.

1 Day Prior to Your Colonoscopy

Have a *light* breakfast (one boiled or poached egg; white toast-no butter, plain bagel). Do NOT eat vegetables, fruits, nuts, seeds, butter, milk, cheese, beef, pork, lamb, or whole grain cereals.

Clear liquid diet after breakfast. No solid food.

- You may drink clear liquids such as apple juice, cranberry juice, Gatorade, clear broth, tea, coffee, soda, popsicles, and Jello-O (avoid any red or sugar free Jell-O due to artificial dyes)
- Do not have any milk products, citrus juice, or solid food
- Make sure to drink plenty of water throughout the day
- *Diabetics:* Take only half of your diabetes medication the day prior to your procedure

Step 1: 6 PM (Day prior to colonoscopy)

- Empty one 6oz bottle of Suprep into the mixing container
- Add lukewarm drinking water to the top (16oz) line of the container and mix to dissolve
- Drink all of the liquid in the container
- Follow by drinking at least two (two) more 16 oz of another clear liquid of your choice over the next 1 hour

Step 2: Perform 6-8 hours prior to the time of your colonoscopy (for example: if your colonoscopy is scheduled after 10AM the following day, perform this step at 4AM on the day of your colonoscopy)

- Repeat the same regimen found in Step 1. Finish prep at least 4 hours prior to procedure.

Remember:

- You may take your regular medications at your regular time with a tiny sip of water except blood thinners or aspirin
- Vaseline or Desitin are good skin protectants to be applied prior to starting prep

Day of Colonoscopy:

- **4 hours before:** stop drinking all liquids including water. Your procedure may be cancelled if this is not followed.

Arrive at: _____

Check-in Time: _____

*Please be advised that your check in time is tentative. You will be called the business day prior to your procedure to confirm the time. You **must have someone drive you home** following the colonoscopy due to the medications given. Uber/Lyft/Taxi are NOT acceptable.*



BLOOD THINNERS

Prescription Products	Non-Prescription Products
<p><u>Anticoagulants</u></p> <ul style="list-style-type: none"> • Arixtra • Coumadin • Eliquis • Lovenox • Pradaxa • Warfarin • Xarelto 	<p><u>Containing Ibuprofen</u></p> <ul style="list-style-type: none"> • Advil • Bayer • Ibuprofen • Midol • Motrin
<p><u>Containing Aspirin or Aspirin Like Products</u></p> <ul style="list-style-type: none"> • Aggrastat • Aggrenox • Agrylin • Brilinta • Celebrex • Darvon • Dipyridamole • Effient • Fiorinal Caps/Tabs • Fiorinal w/ Codein Caps/Tabs • Indocin • Lortab ASA Tablets • Percodan • Plavix • Pletal • Robaxisal Tablets • Soma • Talwin • Ticlid • Trilisate Tabs/Liq • Vioxx 	<p><u>Containing Aspirin or Asprin-Like Products</u></p> <ul style="list-style-type: none"> • Anacin • Arthritis Pian Formula Tablets • Bayer • Bufferin • Ecotrin • Excedrin • Midol • Mobigesic • Trigesic
<p><u>Containing Ibuprofen:</u></p> <ul style="list-style-type: none"> • Children’s Advil • Children’s Motrin • Motrin 	
<p><u>Containing Naproxen Sodium</u></p> <ul style="list-style-type: none"> • Anaprox • Naproxen 	