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SUPREP PREPARATION FOR COLONOSCOPY

If you have had major medical problems or changes in medication since your last examination or visit here, please make us aware in advance of your colonoscopy. If you take drugs such as diabetes medication, diuretics and/or blood thinners, please inform us when scheduling your colonoscopy.

For one week prior to colonoscopy:

Take **NO** Aspirin, NSAIDS (Ibuprofen, Motrin), Fish Oil, Vitamin E or Iron. (Tylenol is OK).

For the four days prior to colonoscopy:

Avoid high fiber foods such as bran, whole wheat, seeds, popcorn, nuts, fresh fruit and fresh vegetables and fiber supplements such as Metamucil. You **MAY** eat cooked, canned, or juiced fruits and vegetables.

On the day before colonoscopy:

Hydrate well with **clear liquids** Jell-O, broth, clear fruit juices such as apple or white grape, black coffee and tea, Italian ices and popsicles throughout the day. Please drink at least two (2) quarts of fluid to avoid dehydration. Consume nothing red or orange.
You may have eggs, milk, **plain** ice cream and or yogurt, cottage cheese, grits, cream of wheat and cornflakes until the first dose of SUPREP

*As close to 5:00pm as possible:



(*Note: Individuals respond differently to this prep (it may work within 30 minutes, but may take 12 hours.) The laxative effect is intended to be vigorous. Please remain within easy reach of toilet facilities or wear Depends. Continue to drink clear liquids throughout the evening.

On the day of the colonoscopy:

*Take clear liquids the morning of your procedure. **Five hours before your colonoscopy is scheduled, take the second dose of SUPREP.** (Follow steps 1-3 from the instructions listed above). After step 3 you must drink the 32 oz of clear fluid within 1 hour. **Take nothing by mouth for three hours prior to procedure. It is the second dose that ensures a clean colon.**

(*If your colonoscopy is scheduled for early morning, you may take the second dose of the prep at 10 pm the night prior to your procedure. Continue clear fluids until 3 hours prior to procedure. Then, nothing by mouth for four hours prior to procedure.)

If stool is not clear (you cannot see through to the bottom of the toilet bowl) prior to your visit, please take a fleet enema 30 minutes before leaving the house.
Withhold all medication the morning of your procedure, unless otherwise discussed with your doctor.