



Suprep Preparation Instructions for COLONOSCOPY

Five days before the procedure – no aspirin, aspirin products, fish oil or Vitamin E supplements

- If you are taking **Aspirin** based products, **fish oil** supplements, or extra **Vitamin E**, please contact our office for further instructions. If you are currently taking blood thinners such as **Coumadin, Xarelto, Eliquis, or Plavix**, please let your physician know immediately, as you must stop this medication several days prior to the exam to prevent excessive bleeding. You must also clear this with your primary care physician or cardiologist.
- If you are diabetic and take medications such as Invokana, Farxiga, Jardiance or others, stop the medication three days prior to the procedure as well as the day of for a total of four days without medication. You should seek medical advice from the prescribing physician regarding your medication regimen related to the upcoming procedure.
- Stop eating nuts, seeds, and quinoa.

Two days before the procedure – hydrate well.

- Stop your fiber supplements (Kashi bars, high fiber cereals, Metamucil, Konsyl, Citrucel, Benefiber, etc.)

The entire DAY BEFORE the procedure

- You may have a light, low fiber breakfast before 9 a.m. in the morning. (e.g. plain yogurt, eggs, white toast – no butter). Do not eat vegetables, fruits, nuts, butter, milk, cheese, meat, or whole grain cereals.
- YOU MUST DRINK PLENTY OF CLEAR LIQUIDS THROUGHOUT THE ENTIRE DAY – it is recommended that you drink a minimum of 32 fluid ounces of clear liquids spread out over the day BEFORE you start your prep. This will help prevent you from becoming dehydrated. Avoid red colored liquids.
- You will be on a clear liquid diet. A clear liquid is any liquid that you can put in a glass and see straight through it. Avoid red colored liquids or jello. You may have Jello, bouillon, consommé, apple, grape, or white cranberry juice, Gatorade, black coffee, tea, cola, or water. Anything that melts into a clear liquid (sorbet, Italian ice, ice, lifesavers) is allowed. Milk, cream, anything with pulp, or alcoholic beverages is **NOT** allowed. Solid food is **NOT** allowed.

The evening on the DAY BEFORE the procedure – Bottle #1 start at 5 pm to 6 pm

- If you were given a prescription for anti-nausea medications, take them 30 minutes prior to starting the prep solution
- Mix the first Suprep solution with water in the 16 ounce cup as directed. You may refrigerate the solution if you like. Chilling the liquid or sipping through a straw makes it easier.
- Start drinking 6 to 8 ounces of the prep solution every twenty minutes. Afterward, at your own pace, drink at least TWO to THREE more 16 ounce glasses of any clear liquid you like (total 32 to 40 ounces) over the next 4 hours.
- GLASSES OF 16 ounces of CLEAR LIQUIDS TO DRINK: 
- Afterwards, you may then drink all the clear liquids you like. We recommend you drink plenty of clear liquids to avoid dehydration and to clean out the colon.
- At 10 p.m. that evening, please drink another 8 ounce glass of any clear liquid you like. 

The SAME MORNING of the procedure: Bottle #2 Starting at 4 hours before your arrival time as listed above.

PROCEDURE ARRIVAL TIME:	6:30 am	7:30 am	8:30 am	9:30 am	10:30 am	11:30 am	12:30 pm	After 1pm
Start Bottle #2 at	2:30 am	3:30 am	4:30 am	5:30 am	6:30 am	7:30 am	8:30 am	9 am

- FOUR hours prior to your arrival, Mix the second Suprep solution with water in the 16 ounce cup as directed. Start drinking 6 to 8 ounces of the prep solution every twenty minutes. Afterward, at your own pace, drink at least TWO more 16 ounce glasses of any clear liquid you like (total 32 ounces) over the next hour.
- You are to STOP DRINKING two hours prior to your arrival time. Please do NOT chew gum.
- Patients taking daily medications may take their regular morning dosages with a very small sip of water.
- If your stools are not watery and transparent “see through”, perform one Fleets enema at home to complete cleansing. If your colon is dirty and filled with stool, small polyps may be covered by the stools and you may need to repeat your colonoscopy sooner than usual.