

Preparation Instructions: Colonoscopy (Spilt- Dose) SUPREP

Seven (7) days before your procedure	
STOP: (Unless otherwise instructed by your physician) <ul style="list-style-type: none"> ➤ Iron, Multivitamin with Iron, fish oil, Omega 3 and Vitamin E ➤ NSAIDs including: Aspirin, Ibuprofen (Motrin, Advil), Naproxen (Aleve, Naprosyn), Goody's, and similar medications. 	Take: <ul style="list-style-type: none"> ➤ All regular medications (especially blood pressure/cardiac, seizure, cholesterol, anxiety and pain medications etc. ➤ Acetaminophen (Tylenol).

- ✓ **Blood thinners such as Plavix, Warfarin (Coumadin), Heparin, Lovenox, Aggrenox or Pletal, please consult your physician about stopping these medications before the procedure.**
- ✓ **Recent blood work may be necessary before your procedure date.**

The day before your procedure	
STOP: (In addition to above) <ul style="list-style-type: none"> ➤ DO NOT eat any solid food (food you cannot see through). ➤ DO NOT drink any liquids you cannot see through (milk, cream, soup and Coke etc). ➤ Do not drink any liquids that are the colors red, blue or purple (It will alter the test). 	Can Have: <ul style="list-style-type: none"> ➤ Water and clear liquids (ANYTHING THAT YOU CAN SEE THROUGH, such as chicken broth, beef broth, vegetable broth, jello, popsicles, tea, coffee (no cream), apple juice, white grape juice, Gatorade, water and clear sodas).

Day of your procedure: NO FOOD OR DRINK!	
Do Not Take: <ul style="list-style-type: none"> ➤ Do not eat or drink anything the morning of your procedure. Except the bowel preparation as instructed. ➤ Do not take any medications until after your procedure except blood pressure, heart, or seizure medications (see right). ➤ Do not take Diabetic pills. 	Take: <ul style="list-style-type: none"> ➤ If you are on blood pressure, heart, pain or seizure medications please take them at 6 AM with a small sip of water. If you are diabetic, check your blood sugar. If greater than 200, take ½ of your morning insulin. Your blood sugar will be checked before your procedure.

1st Dose: 6pm pour (1) 6 ounce bottle of SUPREP into the provided container. Add water to the 16 ounce line and mix. Drink all the liquid in the container and (2) additional 16 ounce containers of water over the next hour. **2nd Dose:** 2am pour the other 6 ounce bottle of SUPREP into the container. Add water to the 16 ounce line and mix. Drink all the liquid and (2) additional 16 ounce containers of water over the next hour. **Do not drink anything once prep is completed. The bowel preparation medication may cause cramping, diarrhea and nausea. If so, rest for 20-25 minutes and then start again.**

You MUST have someone with you to drive you home. Your procedure will not be performed unless you have a ride. Only if you have an escort may you leave by taxi. (Call with questions: 904-244-3735)