

Colonoscopy

Suprep Preparation Instructions

READ IMMEDIATELY

A prescription for the Suprep Bowel Prep Kit will be sent to your pharmacy and should be picked up at least 2 days before the procedure.

For **four (4) days** prior to your procedure **avoid** salads, raw fruits & vegetable, nuts and seeds.

If you are a **DIABETIC** or on **blood thinners** (e.g. Coumadin, Plavix), contact our office for specific instructions. If you take aspirin, you may continue to take it. **Stop iron supplements** at least 5 days before the procedure. Take all other medications as usual, including *blood pressure* medications.

DAY BEFORE PROCEDURE

CLEAR LIQUIDS ONLY! No solid food is allowed until after your procedure is completed. You may take your medications. (Examples of clear liquids: water, carbonated beverages, strained fruit juices, coffee, tea, broth, bouillon, gelatin). **Nothing red in color.** No milk products, alcoholic beverages, hard candy or gum.

At **5:00 pm** pour one (1) 6 oz bottle of Suprep liquid into the mixing container. Add cool drinking water (or lemonade or iced tea) to the 16 oz line on the container and mix. *Drink all of the liquid in the container.*

IMPORTANT: You must drink two (2) more 16 oz containers of just water over the next one (1) hour. You may continue to drink clear liquids between the bottles of Suprep.

DAY OF PROCEDURE

Five (5) to Six (6) hours *prior* to your scheduled procedure, pour one (1) 6 oz bottle of Suprep liquid into the mixing container. Add cool drinking water (or lemonade or ice tea) to the 16 oz line on the container and mix. *Drink all of the liquid in the container.*

If you feel nauseous or bloated, you may stop drinking the solution, drink some clear broth or tea, and wait for the feeling to pass, begin drinking the solution again. YOU MUST DRINK BOTH BOTTLES!!

IMPORTANT: You must drink two (2) more 16 oz containers of just water **4 hours** *prior* to your scheduled procedure, then nothing more to eat or drink before your procedure.

***** Any questions please call (585) 720-1550. *****