

## *Colonoscopy Prep – Suprep In Advance...*

- ❑ Please read the following instructions carefully in advance of your procedure. **\*\*\*Please disregard package insert which states you may drink up to one hour prior to procedure.** In order to visualize your colon properly, it must be clean. It is absolutely necessary that you complete the following instructions, with no changes, unless specified by your physician.
- ❑ Be sure to fill your prescription for the SUPREP® at your pharmacy at least 1 week before your scheduled procedure. On the day prior to your scheduled procedure, you will begin prepping for it.
- ❑ **Avoid eating: Seeds, Nuts and Corn 7-10 days before your procedure.**
- ❑ If you take blood thinner products: follow the instructions for your blood thinner products as you were directed by your physician.
- ❑ If you take insulin products or oral diabetes pills: Contact your physician to obtain specific directions for dosages on the day before and day of your procedure.

## *Prep Instructions....*

DRINK PLENTY OF CLEAR LIQUIDS TO PREVENT DEHYDRATION

- ❑ **The day before your exam, eat a light BREAKFAST before 9:00am:** *A light breakfast can be toast, eggs, and black coffee (sugar is okay), apple juice or white grape juice.)*
  - **After breakfast switch to clear liquids.**
  - **On your clear liquid diet you may have only:** *water, coffee (no milk or creamer), tea, plain chicken or beef broth, clear carbonated beverages (7-Up®, Sprite®, and Ginger Ale®), Jell-O® (no fruit added), juices without pulp (apple or white grape), sports drinks, Popsicles® (without fruit pieces). Avoid drinking anything that is **red, blue, or purple.***
  - **1<sup>st</sup> dose 6:00 p.m. the evening before your procedure:** pour ONE 6-ounce bottle of SUPREP® liquid into the mixing container.
    1. Add cool drinking water to the 16-ounce line on the container and mix
    2. Drink ALL the liquid in the container.
    3. You MUST drink two (2) more 16-ounce containers of water over the next 1 hour.
    4. Continue drinking clear liquids until you go to bed.
- ❑ **The day of your exam, Take the 2<sup>nd</sup> dose of the colon prep 5 hours prior to your procedure:** Complete steps 1 through 4 above using the second 6-ounce bottle. 1

You must finish drinking the final 16-ounces of water at least 4 hours before your colonoscopy. Take your usual medications (especially heart and blood pressure medications) **up to 4 hours prior to the procedure.** It is OK to take aspirin up to and including the day of the procedure, up to 4 hours prior to your procedure. **Follow specific directions given by your physician regarding insulin, oral diabetes pills, and blood thinners.**

  - **Please do not drink anything within 4 hours of your scheduled procedure – this includes water**
  - If your stools are not clear/yellow 2 hours prior to procedure, please call 970-297-6303 for further prep instructions
  - Arrive at Harmony Surgery Center 1 hour prior to your procedure time. As a reminder, your procedure will be cancelled if you do not have a ride home arranged (your driver must be 18 years of age or older).