

Colonoscopy Instructions – 2 Day Suprep Prep

PLEASE READ AT LEAST 10 DAYS PRIOR TO THE PROCEDURE AND FOLLOW ALL INSTRUCTIONS CAREFULLY. DO NOT USE THE INSTRUCTIONS ON THE BOTTLE.

FAILURE TO FOLLOW THESE INSTRUCTIONS EXACTLY MAY CAUSE YOUR PROCEDURE TO BE CANCELLED OR NEED TO BE REPEATED.

Medication Note:

Blood thinners should be discontinued prior to your procedure to reduce the risk of bleeding. These include (but are not limited to): Coumadin, Plavix, Pletal, Pradaxa, Xarelto, Effient, Eliquis, Brilinta, Aggrenox, Ticlid, Zontivity. **Please contact your prescribing provider to ensure it is safe for you to hold these medications.** If you take these medications or another "blood thinner" and have not already received instructions related to these medicines please call our office at least 14 days prior to your procedure for guidance on how long these need to be held.

It is very important that you take all other prescribed medications including the morning of your procedure (i.e. blood pressure, inhalers, etc). Please contact your primary physician for questions regarding these.

10 DAYS PRIOR TO PROCEDURE

You will need to purchase:

- Two Suprep Kits from your pharmacy
- If this is a financial burden please contact the office at 616.252.5775

5 DAYS PRIOR TO PROCEDURE

- Confirm your ride
- If you need to cancel your appointment please call immediately, 616.252.5775
- Review the upcoming diet restrictions and plan accordingly
- Stop eating corn, foods with corn kernels or seeds, popcorn and nuts
- If you use an insurance driver you are still required to have a responsible person at your procedure

2 DAYS PRIOR TO PROCEDURE

- You will need to be on a **CLEAR LIQUID DIET** the **ENTIRE** day.
- You may **NOT** eat solid foods or dairy products. Fluids are considered clear only if they can be seen through when held up to a light. Failing to maintain a clear liquid diet will likely result in poor preparation and need to cancel your procedure.

Acceptable items to consume:

- | | |
|--|--|
| <input type="checkbox"/> Apple juice, white grape Juice | <input type="checkbox"/> Plain Jell-O® (except red or purple colors) |
| <input type="checkbox"/> Beef or chicken broths that are clear | <input type="checkbox"/> Popsicles |
| <input type="checkbox"/> Tea and coffee without milk or dairy creamers | <input type="checkbox"/> Crystal Light® beverages |
| <input type="checkbox"/> Soda pop | <input type="checkbox"/> Kool-Aid® |
| <input type="checkbox"/> Gatorade® | |

NOTHING RED OR PURPLE

Do not drink anything that is either red or purple. Red and purple can mimic blood and may affect the test results.

At **1pm**: Empty the contents of the first 6 ounce bottle of Suprep into mixing container provided. Add cool drinking water to the 16 ounce fill-line on the container and mix. Drink ALL the liquid in the container. You MUST drink two more 16 ounce containers of water over the next 1 hour. If you experience vomiting stop drinking the prep. After one hour begin taking the preparation again. If you have problems please **call our office at 616.252.5775 at any time.**

At **5pm**: Empty the contents of the first 6 ounce bottle of Suprep into mixing container provided. Add cool drinking water to the 16 ounce fill-line on the container and mix. Drink ALL the liquid in the container. You MUST drink two more 16 ounce containers of water over the next 1 hour. If you experience vomiting stop drinking the prep. After one hour begin taking the preparation again. If you have problems please **call our office at 616.252.5775 at any time.** Remain on a clear liquid diet for the remainder of the day.

1 DAY PRIOR TO PROCEDURE

- You will need to be on a **CLEAR LIQUID DIET** the **ENTIRE** day.
- You may **NOT** eat solid foods or dairy products. Fluids are considered clear only if they can be seen through when held up to a light. Failing to maintain a clear liquid diet will likely result in poor preparation and need to cancel your procedure.

Acceptable items to consume:

- | | |
|--|--|
| <input type="checkbox"/> Apple juice, white grape Juice | <input type="checkbox"/> Plain Jell-O® (except red or purple colors) |
| <input type="checkbox"/> Beef or chicken broths that are clear | <input type="checkbox"/> Popsicles |
| <input type="checkbox"/> Tea and Coffee without milk or dairy creamers | <input type="checkbox"/> Crystal Light® beverages |
| <input type="checkbox"/> Soda pop | <input type="checkbox"/> Kool-Aid |
| <input type="checkbox"/> Gatorade® | |

NOTHING RED OR PURPLE

Do not drink anything that is either red or purple. Red and purple can mimic blood and may affect the test results.

At **5pm**: Empty the contents of the first 6 ounce bottle of Suprep into mixing container provided. Add cool drinking water to the 16 ounce fill-line on the container and mix. Drink ALL the liquid in the container. You MUST drink two more 16 ounce containers of water over the next 1 hour. If you experience vomiting stop drinking the prep. After one hour begin taking the preparation again. If you have problems please **call our office at 616.252.5775 at any time.**

DAY OF PROCEDURE

At **6 Hours before your procedure**: Empty the contents of the second 6 ounce bottle of Suprep into mixing container provided. Add cool drinking water to the 16 ounce fill-line on the container and mix. Drink ALL the liquid in the container. You MUST drink two more 16 ounce containers of water over the

next 1 hour. You **MUST** drink all required solution and water. You should complete the prep 4 hours before your procedure.

You must still maintain a clear liquid diet today up until 4 hours prior to the procedure. You may not have any solid foods.

** If you are not seeing clear yellow bowel movements 1 hour after drinking the entire prep call the office after 8:00 am **616.252.5775** or mention it when arriving at the endoscopy center. There should be no odor.

4 HOURS PRIOR TO PROCEDURE: Discontinue all oral intake. This includes clear liquids and water.

You **MUST** have a driver stay with you during the procedure. You will **not be permitted** to drive yourself home. Plan to spend at **least 3 hours** from your time of arrival. If you have an insurance driver you still are **required** to have a responsible person sit in the lobby until you are discharged.

Please bring a list of your medications (including OTC drugs) on the day of your procedure.