

SUPREP Colonoscopy Preparation

Preparing for your procedure

Your colonoscopy is scheduled for: _____ Day _____ Date _____ Please check in at: _____ a.m./p.m.

Show your current insurance card and photo ID at check-in.

Doctor: _____ Pharmacy: _____

What you'll need	3 days before your procedure	1 day before your procedure
<p>Your prescription bowel preparation will be available at the pharmacy written in above 5 to 7 days before your procedure. Call the pharmacy to confirm that your prescription was received.</p>	<ul style="list-style-type: none"> • Start eating a low-fiber diet. A low-fiber diet helps make the bowel preparation more effective. See the handout <i>Low-Fiber Diet Guidelines</i> (#20953). • Stop taking fiber supplements (Benefiber, Citrucel, Metamucil, FiberCon). 	<ul style="list-style-type: none"> • See "Tips for colon cleansing" in the handout <i>Colonoscopy: What to expect</i> (#13060). • Don't eat any solid food. Begin a clear-liquid diet. Clear liquids are liquids that look like colored water and you can see through at room temperature. • Don't drink any red or purple liquids. The color may interfere with your procedure.
<h3>7 days before your procedure</h3>	<h3>2 days before your procedure</h3>	<p>You may have any of the following:</p> <ul style="list-style-type: none"> » Water, clear broth or bouillon » Coffee or tea without milk or nondairy creamer » Gatorade or Powerade noncarbonated sports drinks—Regular Gatorade, regular Powerade, Gatorade G2 and Powerade Zero are OK. Choose a green-, yellow- or clear-colored flavor. Don't use powdered Gatorade. » Pedialyte, Propel Electrolyte Water, carbonated and noncarbonated soft drinks, Kool-Aid or other fruit-flavored drinks and strained fruit juices without pulp (apple, white grape, white cranberry) » Jell-O, Popsicles and hard candy
<ul style="list-style-type: none"> • Talk to your primary care clinician about stopping any: <ul style="list-style-type: none"> » Anticoagulation medications, such as apixaban (Eliquis), dabigatran (Pradaxa), edoxaban (Savaysa), rivaroxaban (Xarelto) or warfarin. » Antiplatelet medications, such as clopidogrel (Plavix), prasugrel (Effient) or ticagrelor (Brilinta). • Ask your primary care clinician for instructions if you: <ul style="list-style-type: none"> » Take insulin for diabetes. » Have heart valve disease or had heart valve replacement. • Stop taking iron (ferrous sulfate) and multivitamins that contain iron. • Arrange to have a trusted adult drive you home after your procedure or ride with you by bus, taxi or ridesharing service. Don't ride a motorcycle. 	<ul style="list-style-type: none"> • Continue eating a low-fiber diet. • Drink at least eight 8-ounce (237-milliliter) glasses of water throughout the day. Cross out each square as you drink a glass. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> • Don't drink any alcoholic beverages. • Complete the health history form (if a form was given to you). • Don't eat any solid food after midnight. For example, if your procedure is Monday, stop eating at 12 a.m. Sunday. 	

continued

1 day before your procedure (continued)

- Drink at least eight 8-ounce glasses of water throughout the day. Cross out each square as you drink a glass.
- If you want to drink a chilled solution of SUPREP, mix the solution ahead of time and refrigerate it before drinking. Don't add ice to the solution or in your glass.
- **At 5:30 p.m.**, prepare and drink your 1st dose of SUPREP.
 - » Pour the contents of 1 of the 6-ounce bottles of SUPREP Bowel Prep Kit into the mixing container provided.
 - » Fill the container with water to the 16-ounce (473-milliliter) fill line.
 - » **Drink the solution as follows—don't follow the directions on the container:** Drink the entire amount in the container quickly.
 - » If you experience nausea or vomiting, rinse your mouth with water and take a 15- to 30-minute break. If prescribed, take ondansetron hydrochloride (Zofran) if needed for nausea according to the label. Then continue drinking the solution.
 - » Expect to have diarrhea. You may feel chilled.
 - » You **must** drink 2 more containers filled to the 16-ounce line with water over the next 60 minutes.
- Continue to drink clear liquids throughout the evening. Drinking clear liquids makes sure you're hydrated well enough and helps your bowel preparation fully clean out your colon.

Remember

Drinking the solution quickly is part of how the preparation works.

Day of your procedure

- **Four hours before leaving your home for your procedure**, prepare and drink your 2nd dose of SUPREP.
 - » Pour the contents of the 2nd 6-ounce bottle of SUPREP Bowel Prep Kit into the mixing container provided.
 - » Fill the container with water to the 16-ounce fill line.
 - » Drink the entire amount in the container quickly.
 - » If you experience nausea or vomiting, rinse your mouth with water and take a 15- to 30-minute break. If prescribed, take ondansetron hydrochloride (Zofran) if needed for nausea according to the label. Then continue drinking the solution. Expect to have diarrhea. You may feel chilled.
 - » You **must** drink 2 more containers filled to the 16-ounce line with water over the next 60 minutes.
- Stop drinking any clear liquids when you've finished drinking your 2nd dose of SUPREP **and** the additional two 16-ounce containers of water.
- You may take your morning medications with 4 ounces of water.
- Your stool should be clear or yellow liquid. If you're unsure whether your colon is clean, call your the number on the handout *Gastroenterology and Endoscopy Locations*.
- Bring to your procedure the following:
 - » Health insurance card
 - » Photo ID
 - » Completed health history form (if a form was given to you)
 - » Trusted adult to drive you home or ride with you if you take a bus, cab or ridesharing service

