

***READ CAREFULLY AND FOLLOW THESE INSTRUCTIONS.**

Suprep Bowel Preparation Instruction Sheet Morning Procedure Time

Medications: You will need to stop taking aspirin, blood thinners, arthritis medications such as Motrin and Advil, vitamin E and herbal supplements, for five days prior to your procedure unless otherwise instructed. You may take Tylenol, multi-vitamins and all other prescription medications. If you are unsure about a medication please ask your physician or nurse.

***Two Days Before Your Exam:** Purchase your Suprep prescription from your local drug store. This is a prescription medication.

***One Day Before Your Exam:**

- Have a clear liquid breakfast. This will include soft drinks of any kind, coffee, tea, fruit juice without pulp, Gatorade, Crystal Light, broth and Jello. You may **not** have any milk products, any RED colored liquids or alcoholic beverages.
- **Lunch:** You must have clear liquids at this time. This will include soft drinks of any kind, coffee, tea, fruit juice without pulp, Gatorade, Crystal Light, broth and Jello. You may **not** have any milk products, any RED colored liquids or alcoholic beverages.
- **After lunch:** Drink plenty of clear liquids today. We ask that you drink 4-8 ounces each hour. This will help to prevent dehydration.
- **Dinner (no later than 6PM):** You should have clear liquids for your dinner meal. Follow the same instructions as for lunch.
- **30 Minutes after Dinner:** Prepare Suprep (1) 6 ounce bottle of Suprep into container. Add cool drinking water to the 16 oz. line. Drink all of this mixture. After completing this you may have clear liquids until bedtime.

The Day of your Colonoscopy: *If you take heart medications or blood pressure medications you should take them as directed this morning with a small amount of water. All other medications should be held until instructions are given after your procedure.*

- **4 to 6 Hours before your procedure:** Prepare 2nd batch of Suprep. Suprep (1) 6 ounce bottle of Suprep into container. Add cool drinking water to the 16 oz. line. Drink all of this mixture. Follow with two (2) 16 oz. glasses of water over the next one hour. After completing this you may not have anything else by mouth.

Don't Forget:

1. You must drink the recommended amount of water and/ or clear liquids while taking this bowel preparation to prevent serious side effects and to insure that you are properly prepared for the testing.
1. If you do not follow these directions completely your exam may have to be repeated.
2. Remember to arrange for a responsible adult to accompany you home, even if you take a bus or taxi. If you do not have an adult escort, your procedure will be cancelled and rescheduled.
3. **You will need to bring your insurance card and a photo ID with you on this day.**