



Colonoscopy Preparation Instructions (Suprep)

Patient Name: _____ Date of Procedure: _____

7 Days Prior to Your Colonoscopy

- **You must be off Aspirin/NSAIDS for 7 days and other blood thinners as indicated.** Coumadin/Warfarin for 5 days, Plavix/Clopidogrel for 5 days, Xarelto for 3 days, Eliquis for 3 days, and Lovenox for 24 hours prior to the procedure. Tylenol is ok to take.

- Please have the prescription for **Suprep Bowel Prep Kit** filled at your pharmacy.

1 Day Prior to Your Colonoscopy

Have a *light* breakfast (one boiled or poached egg; white toast-no butter, plain bagel). Do NOT eat vegetables, fruits, nuts, seeds, butter, milk, cheese, beef, pork, lamb, or whole grain cereals.

Clear liquid diet after breakfast. No solid food.

- You may drink clear liquids such as apple juice, cranberry juice, Gatorade, clear broth, tea, coffee, soda, popsicles, and Jello-O (avoid any red or sugar free Jell-O due to artificial dyes)
- Do not have any milk products, citrus juice, or solid food
- Make sure to drink plenty of water throughout the day
- *Diabetics:* Take only half of your diabetes medication the day prior to your procedure

Step 1: 6 PM (Day prior to colonoscopy)

- Empty one 6oz bottle of Suprep into the mixing container
- Add lukewarm drinking water to the top (16oz) line of the container and mix to dissolve
- Drink all of the liquid in the container
- Follow by drinking at least two (two) more 16 oz of another clear liquid of your choice over the next 1 hour

Step 2: Perform 6-8 hours prior to the time of your colonoscopy (for example: if your colonoscopy is scheduled after 10AM the following day, perform this step at 4AM on the day of your colonoscopy)

- Repeat the same regimen found in Step 1. Finish prep at least 4 hours prior to procedure.

Remember:

- You may take your regular medications at your regular time with a tiny sip of water. No blood thinner
- Vaseline or Desitin are good skin protectants to be applied prior to starting prep

Day of Colonoscopy:

- **4 hours before:** stop drinking all liquids including water. Your procedure may be cancelled if this is not followed.

Arrive at: _____ Check-in Time: _____

Please be advised that your check in time is tentative. You will be called the business day prior to your procedure to confirm the time. You **must have someone drive you home** following the colonoscopy due to the medications given. Uber/Lyft/Taxi are NOT acceptable.