

# COLONOSCOPY SUPREP Prep Instructions

Date of Procedure: \_\_\_\_/\_\_\_\_/\_\_\_\_ Check In Time: \_\_\_\_\_

**PICK UP PRESCRIPTION FOR BOWEL PREP SOLUTION AND (over the counter) MAGNESIUM CITRATE NOW.**

**5-7 days prior** \_\_\_\_/\_\_\_\_

**3 days prior** \_\_\_\_/\_\_\_\_

**2 days prior** \_\_\_\_/\_\_\_\_

**1 day prior** \_\_\_\_/\_\_\_\_

**Procedure Day** \_\_\_\_/\_\_\_\_

**STOP taking iron supplements, blood thinners such as Plavix, Coumadin, Aspirin, Ibuprofen, Aggrenox, etc. Please check with your prescribing doctor to make sure it is safe to stop taking this medication. Continue your blood pressure medica-**

**PLEASE CALL OUR OFFICE TODAY IF UNABLE TO KEEP YOUR APPOINTMENT. 479-1952**

Drink at least 8 glasses of water today.

DO eat a light breakfast, then begin clear liquid diet, NO SOLID FOOD. Be sure to include drinks with calories, not just water. (refer to clear liquid diet sheet)

**Begin 2nd part of bowel Prep 4 to 6 hours prior to appointment.** Repeat mixing instructions with 6 oz of Suprep and 16 oz. of water. Drink an additional 32 oz of clear liquids. **Finish drinking 4 hours prior to appointment.**

You MAY take Tylenol or Acetaminophen for pain if needed prior to your procedure.

It is ok to use Vaseline as a Barrier during prepping, please avoid using Desitin.

NO food or drink with artificial red or purple dyes. This includes jello and popcicles. You may mix yellow Crystal Light with prep.

**At 10am, drink a bottle of Magnesium Citrate.**

**Drink clear liquids up to 2 hours prior to procedure time. If stool is not CLEAR/urinelike after completing second prep, please contact us ASAP. 479-1952**

You will be sedated and not allowed to drive the day of your procedure. Please arrange for a driver, preferably someone to whom we can release your medical information.

Stop eating nuts, seeds, corn or popcorn. No strawberries, whole grain bread, tomatoes, cucumbers, etc.

*Diabetic Medications:*

*INSULIN:*

*Day of Procedure: 1/2 usual dose \_\_\_\_ or \_\_\_\_*

*Day before Procedure: 2/3 usual dose \_\_\_\_ or \_\_\_\_*

*Oral Medications:*

*Day of Procedure: Do not take \_\_\_\_ or \_\_\_\_*

*Day before Procedure : Do not take \_\_\_\_ or \_\_\_\_*

**At 5pm:** pour ONE 6 oz. bottle of Suprep into mixing container. Add water to the 16oz. Fill line and mix. Drink all of the solution in the container.

It is important to drink at least 32 oz of clear liquids in addition to prep solution. Continue drinking clear liquids till bedtime. NO consumption of alcohol of any kind.

If you are diabetic, please be sure to follow specific instructions regarding your medication regime.

If you experience nausea or vomiting, temporarily stop drinking and try to resume drinking in one hour at a slower rate.

You may take regularly prescribed blood pressure medications with a small sip of water 2 hours before or 2 hours after prep.

If you are diabetic, please be sure to follow specific instructions regarding your medication regime.

Be sure to bring: driver, glasses, insurance card, medication list, copay (if needed), asthma inhalers, CPAP machine and insulin.

Please plan to spend approximately 3 hours at your appointment.