

## Colonoscopy Prep – Suprep

Procedure Date: \_\_\_\_\_ Facility: \_\_\_\_\_

- The Hospital/Surgery Center will call you the day before with a time. They will call late afternoon.
- You **MUST** have a driver the day of the procedure that waits with you or the hospital will make you reschedule.

7 DAYS BEFORE YOUR PROCEDURE	5 DAYS BEFORE YOUR PROCEDURE	2 DAYS BEFORE YOUR PROCEDURE	THE DAY BEFORE YOUR PROCEDURE	IF YOUR PRESCRIPTION PREP IS TOO COSTLY
<ul style="list-style-type: none"> <li>• If you have not already, pick up your prep from the pharmacy.</li> <li>• Read over these instructions COMPLETELY to avoid any last minute questions or errors.</li> </ul>	<p>You <b>MUST</b> discontinue taking the following medications:</p> <ul style="list-style-type: none"> <li>• Aggrenox</li> <li>• Aspirin</li> <li>• Brilinta (Generic: Ticagrelor)</li> <li>• Trental</li> <li>• Coumadin</li> <li>• Effient</li> <li>• Plavix (Generic: Clopidogrel)</li> <li>• Pletal (Generic: Cilostazol)</li> <li>• Iron pills</li> <li>• Multi Vitamin w/Iron</li> </ul> <p><b>*If you take Coumadin, Plavix, Brilinta or Effient, please consult with your prescribing doctor as to a safe discontinuation date.</b></p>	<p>You <b>MUST</b> Discontinue taking the following medications:</p> <ul style="list-style-type: none"> <li>• Eliquis</li> <li>• Lovenox</li> <li>• Pradaxa</li> <li>• Xarelto</li> </ul>	<p>You <b>MUST</b> be on a <b>clear liquid diet the entire day before your procedure day!</b> (see allowed diet below)</p> <p><b>5:00PM</b> – Pour one bottle of Suprep in the mixing container. Add cool drinking water to the 16oz fill line and mix. Drink all the liquid. You must drink 2 more 16oz containers of water over the next 1 hour.</p> <p><b>10:00PM</b> – Repeat <b>ALL</b> of the 5:00pm instructions with the second bottle of Suprep.</p> <p><b>*Nothing to eat or drink after midnight</b></p>	<p>You may replace your prescription prep with the following instructions:</p> <p><b>Supplies to Purchase (over the counter):</b></p> <p>1 8.4oz bottle of Miralax</p> <p>4 Dulcolax Tablets</p> <p>2 32oz bottles of Gatorade or Powerade (not red, blue or purple)</p> <p><b>12:00pm</b> Take 2 Dulcolax w/water</p> <p><b>4:00pm</b> Mix entire bottle of Miralax w/all the Gatorade. Drink one 8oz glass every 20-30 minutes until gone</p> <p><b>8:00pm</b> take the last 2 Dulcolax with 8oz of water</p>

**CLEAR LIQUID DIET:** Water, chicken or beef broth, Jell-O or popsicles (nothing RED, BLUE or PURPLE) coffee or tea (no cream or milk), tea (iced or hot w/no milk), white grape or apple juice, 7-UP, Sprite or Mountain Dew, lemonade or limeade (no pulp).