**SUPREP BOWEL PREPARATION FOR COLONOSCOPY**

You have been scheduled for a Colonoscopy.

**Please note that you are to arrive a half hour prior to your scheduled appointment time.** Being late for your procedure can result in delay or cancellation of your appointment

PLEASE NOTIFY OUR OFFICE 72 HOURS PRIOR TO YOUR PROCEDURE IF YOU NEED TO CHANGE OR CANCEL YOUR APPOINTMENT. FAILURE TO DO SO MAY RESULT IN A $100 CANCELLATION FEE!

**PLEASE BE AWARE THAT SOMEONE MUSTCOME INTO THE OFFICE TO SIGN YOU OUT AND DRIVE YOU HOME AFTER YOUR PROCEDURE. THIS DOES NOT INCLUDE A CAB/UBER DRIVER. YOU CANNOT DRIVE UNTIL THE NEXT MORNING**.

**IMPORTANT MEDICATION INSTRUCTIONS**:

**TEN days prior to your procedure:** Discontinue all vitamins , Iron supplements, fish oils, and any over the counter supplements. Discontinue non-steroidal anti-inflammatory medication such as Motrin, Aleve, Advil, Ibuprofen, and medications containing aspirin.

**SEVEN days prior to the procedure:** Discontinue any weight loss medications such as Ozempic, Wegovy, or Trulicity.

If you are on Diabetic medication, Please contact the physician who prescribes and monitors your Diabetic medication for any special instructions.

If you are taking blood thinning medication(s), or Aspirin has been recommended by your physician, you must call your doctor who manages the medication(s) and ask whether you can stop them and when. If you do not have that information, we may not be able to obtain biopsies or remove polyps during your

procedure.

Please inform our office if you are taking any seizure medication. If you use an inhaler, even if it is not on a daily basis, please bring the inhaler with you.

**FIVE days before your procedure:** REFRAIN FROM EATING ANY TYPE OF SEEDS OR NUTS. FAILURE TO DO SO CAN RESULT IN INADEQUATE BOWEL CLEANSING, AND THE NEED TO REPEAT YOUR PROCEDURE.

PLEASE FOLLOW THESE PREPARATION INSTRUCTIONS, AND NOT THE INSTRUCTIONS ON THE BOX!

**THE DAY BEFORE THE COLONOSCOPY:**

You will be on a clear liquid diet all day.

Drink only clear liquids for breakfast, lunch and dinner. IT IS IMPORTANT TO DRINK CLEAR LIQUIDS ALL DAY LONG. Solid foods, milk or milk products are not allowed. Examples of clear liquids include: clear fruit juices (apple, white grape, lemonade), water, clear broth or bouillon, *coffee* or tea (without milk or non-dairy creamer). All of the following that are NOT colored RED or PURPLE: Gatorade, carbonated and non-carbonated soft drinks, Kool-Aid, plain Jello (without added fruits or topping), ice popsicles.

***Beginning between 5 pm and 6 pm***

***Step 1***

* Pour **ONE** 6-ounce bottle of SUPREP liquid into the mixing container. Add cold drinking water to the 16-ounce line on the container and mix. Drink **ALL** the liquid in the container.
* You **MUST** drink two (2) more 16-ounce containers of water over the next **1** hour.

After completing the first dose of prep, continue to drink clear liquids, avoiding anything red or purple

**THE DAY OF YOUR COLONOSCOPY:**

***Six Hours before your procedure and at least 10 hours after the first dose of Suprep:***

***Step2***

* Pour **ONE** 6-ounce bottle of SUPREP liquid into the mixing container. Add cold drinking water to the 16-ounce line on the container and mix. Drink **ALL** the liquid in the container.

You **MUST** drink two (2) more 16 ounce containers of water over the next **1** hour.

You may continue drinking clear liquids up until 4 hours before your procedure.

YOU MAY TAKE YOUR REGULAR MEDICATION WITH SMALL SIPS OF WATER UNLESS YOU HAVE BEEN INSTRUCTED OTHERWISE..

**DO NOT** eat or drink **ANYTHING** 4 hours prior to your procedure, **INCLUDING WATER AND CHEWING GUM.**

**\*contact lenses** should not be worn during the procedure. \*\*Women under the age of 50, please be prepared to give a urine specimen for a pregnancy test. \*\*\*Please do not wear any jewelry. We are not responsible for articles left behind.