

## SUPREP PREPARATION

- A. **PRIOR** to the colonoscopy, **PURCHASE** the **SUPREP** with the prescription you were given.
- B. **Starting 5 days before procedure:** \_\_\_\_ **Please avoid** eating Nuts, Corn, Seeds, Popcorn, Coconut, Mushrooms, and Bean sprouts. You may continue to eat a regular diet otherwise.
- C. **If recommended by your provider: Starting 6 days before you start to prep for your procedure (using the 119gram bottle of Miralax):** \_\_\_\_ Take one capful of Miralax in a glass of liquid daily.
- D. **Two days before procedure:** \_\_\_\_ **At 7:00 pm** drink one bottle of Magnesium Citrate
- E. **The day before the procedure:** \_\_\_\_ .

1. You may have a low residue diet for breakfast-then **clear liquids ONLY from 10am on.** (A list of low residue foods and clear liquids are on the next page)

2. **5:00 PM:** Pour **ONE** (1) 6-ounce bottle of SUPREP liquid into the mixing container. Add cool 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 Continue to drink large amounts of clear liquids throughout the evening to prevent dehydration and to reduce the likelihood that polyps or cancer will be missed due to a poor-quality bowel prep.

### F. DAY OF EXAMINATION:

1. AT \_\_\_\_ (4 hours prior to procedure) **Chew the 2 Simethicone tablets that you were given with your instructions.** Pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container. Add cool 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.

2. **NOTHING BY MOUTH AFTER:** \_\_\_\_ (3 hours prior) **This includes water, gum, and hard candies. No chewing of tobacco. No smoking the day of the procedure. Not following these instructions will cause your procedure to be cancelled!**

3. Please review the provided patient rights and responsibilities.

**REMEMBER....**

**POOR PREP = REPEAT COLONOSCOPY**

**LOW RESIDUE DIET - BREAKFAST ONLY UNTIL 10:00 AM THE DAY BEFORE YOUR PROCEDURE**

- Milk
- Boiled, baked or mashed potatoes (without the skin)
- Eggs (poached or boiled)
- White bread
- Applesauce
- Ripe bananas
- Chicken noodle soup
- Coffee with creamer
- Ensure
- Any of the clear liquids listed below

**CLEAR LIQUID DIET ALL DAY UNTIL ON THE DAY OF YOUR PROCEDURE**

- Clear strained fruit juices (apple, white grape, white cranberry, lemonade)
- Clear broth or bouillon
- Jell-O
- Coffee (black)
- Gatorade
- Ice Popsicles
- Italian ice
- Tea (plain)
- Kool-Aid
- Clear sodas (7-up, Sprite or Ginger Ale)

**NONE OF THESE PRODUCTS SHOULD BE COLORED RED OR PURPLE.  
ALCOHOLIC BEVERAGES ARE NOT CONSIDERED A CLEAR LIQUID.**

## **MEDICATIONS**

- Stop all multiple vitamins and iron 3 days prior to your procedure.
  - - Take all of your medications as you normally do up until the day of your procedure with the exception of:
  - - You will receive specific instructions regarding blood thinners.
  
- If you take Coumadin/Warfarin, you must have a Protime/INR drawn at Carlisle Hospital on:  
.
  
- The morning of your procedure hold all medications except the following:
  - Medication 1
  - Medication 2
  
- Bring all inhalers with you the day of your procedure.

## **IF YOU ARE DIABETIC**

**Insulin Dependent Diabetics:** Take ½ of your normal evening dose of insulin the evening prior to your procedure.

**DO NOT TAKE ANY ORAL OR INJECTABLE DIABETIC MEDS THE MORNING OF YOUR PROCEDURE.**