

SUPREP- EVENING BEFORE DOSE PREP (ONE DAY) PREPARATION FOR COLONOSCOPY

You will need to drink a laxative solution called SUPREP to clean your colon. You must complete the entire prep to ensure the most effective cleansing.

PRIOR TO YOUR PROCEDURE YOU WILL NEED TO PURCHASE:

- 1-SUPREP Kit. (prescription enclosed)
- 2 Reglan tablet (Metoclopramide) or 2 -Zofran tablets (Ondansetron) OPTIONAL
- 2 Dulcolax (Bisacodyl) tablets (over the counter, no prescription required)

***BE SURE TO LET THE NURSE KNOW IF YOU ARE ON COUMADIN, WARFARIN, or PRADAXA AS SOON AS POSSIBLE**

**5 days prior to your procedure, stop oral iron supplements. Please avoid sesame seeds and nuts

***Diabetic medication adjustments: Day before procedure, take your normal AM insulin and/or oral medications.

Take ½ of pm insulin dose, NO oral diabetic medication. Day of procedure: do not take any diabetic medications until after the procedure.

DAY BEFORE PROCEDURE:

Drink clear liquids only for all snacks and meals. **NO SOLID FOODS** or milk products. **Clear liquid diet:** coffee, tea, soft drinks, Jell-O, clear broth, popsicles, clear fruit juices, Gatorade, water, Snapple, powdered juices. Avoid red or purple liquids

***Important note: staying well hydrated during this prep is extremely important. Force fluids all day prior to and after beginning the bowel prep.

1. **At 12 pm:** Take the 2 Dulcolax tablets.
2. **At 2:30 pm:** Take the Reglan tablet. This is optional. The Prep may cause nausea and sometimes vomiting. Taking the Reglan in advance of the prep should reduce this chance.
3. **At 3 pm:** Pour ONE of the 6 ounce bottles of SUPREP liquid into the container provided. Add cool drinking water to the 16 ounce line on the container.
4. Drink **ALL** the liquid in the container.
5. You **MUST** drink two (2) more 16-ounce containers of water over the next 1 hour.

*Do not plan to go anywhere after you have started drinking the prep. The prep will cause diarrhea to cleanse your bowel for the procedure.

*You may wish to use baby wipes rather than toilet tissue to protect your rectum from irritation.

*You may have clear liquids until midnight.

6. **At 8:30pm:** Take second Reglan tablet.
7. **At 9:00 pm:** Repeat steps 3-5 above. You may continue to drink clear liquids until Midnight.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT

Please take all regular scheduled morning medications with a small amount of water.

If you use inhalers, please bring them with you

If you use a CPAP or VPAP machine, you are required to bring it with you

YOU WILL BE SEDATED FOR THIS PROCEDURE AND WILL REQUIRE AN ADULT TO DRIVE YOU HOME. YOUR DRIVER WILL BE REQUIRED TO STAY AT THE FACILITY DURING YOUR PROCEDURE.

Your procedure is scheduled with Dr. _____

Procedure Date _____ Location _____

Arrival Time _____ Procedure Time _____

If you have any questions, please call your physician.