

Colonoscopy Instructions

*Suprep Split Dose Prep
Scheduled before 10 AM*

Your procedure is scheduled for _____

date

ARRIVE at _____ admitting office at _____

Facility

Time

The Day BEFORE the procedure:

- NO Solid Food to eat all day
- CLEAR liquids only, nothing RED or PURPLE: You may have Coffee or tea (NO cream or milk), chicken or beef broth, any type of soda, Gatorade, Apple Juice, white Grape Juice, plain Jell-O or clear popsicles.

AT:

12:00 Noon – Take 4 Dulcolax tablets, you do not need a prescription to buy these.

3 PM- Mix Suprep. **POUR** one of the 6 ounce bottles of Suprep into the mixing container. **ADD** cool water to the 16 ounce marking line on the container and mix well. **DRINK** all the liquid in the container.

- After drinking the prep you **MUST drink another 32 ounces of water over the next hour.**

6PM - Mix the second bottle of Suprep and follow the same instructions as the first dose. With the same amount of water after. Your Bowel movements should be liquid and fairly clear by the time you finish.

DO NOT DRINK ANY OTHER LIQUIDS AFTER MIDNIGHT EXCEPT THE SECOND HALF OF YOUR PREP.

The Day OF the Procedure:

- **DO NOT DRINK ANYTHING EXCEPT YOUR PREP: if you normally take heart or blood pressure medicines in the morning, take them with the smallest sip of water possible.**
- **DO NOT take any IRON, ASPRIN PRODUCTS, IBUPROFEN OR ARTHRITIS MEDICINES for 1 WEEK BEFORE your procedure**
- **IF you are currently taking any BLOOD THINNERS, even ASPRIN please tell Dr. Sarvaria**
- **For DIABETIC patients take only ½ your usual diabetic meds the morning BEFORE your procedure and NONE in the evening before or morning of your procedure.**

******* YOU MUST HAVE SOMEONE TO DRIVE YOU HOME AFTER YOUR PROCEDURE, YOU WILL BE UNABLE TO DRIVE BECAUSE OF SEDATION**