

DOUBLE SUPREP Colon Prep

Please read the following instructions carefully (front & back). Follow these instructions and not the instructions on the prep box. If you do not complete the preparation as directed it could result in cancellation of your procedure.

ONE WEEK PRIOR TO PROCEDURE:

- Fill prescription from the doctor for 2 Suprep Kits.
- If you are currently taking blood thinners (for irregular heartbeat, atrial fibrillation, heart disease, stents, stroke, mini-stroke, mechanical heart valves, blood clots in the legs or lungs, or other reason) you may need to stop them prior to your procedure. **Please contact the physician who prescribed the medication for instructions on when to stop them.**

The following is not an all-inclusive list:

Plavix (clopidogrel bisulfate)	Effient (prasugrel)
Ticlid (ticlopidine hydrochloride)	Arixtra (fondaparinux)
Coumadin (warfarin sodium)	Brilinta (ticagrelor)
Pradaxa (dabigatran)	Lixiana/Savaysa (edoxaban)
Xarelto (rivaroxaban)	Lovenox (enoxaparin)
Eliquis (apixaban)	Fragmin (dalteparin)
Persantine (dipyridamole)	Zontivity (vorapaxar)
Pletal (cilostazol)	

- Please understand that even though a colonoscopy can be performed if these medications are not stopped, some polyps cannot be removed.
- If you are taking full dose aspirin (325mg), please contact your prescribing physician to see if this can be decreased to low dose aspirin (81mg). **Do not stop low dose Aspirin (81mg)** Polyps can be removed in the presence of this lower dosage.
- If you are taking Adipex (Phentermine) or any GLP-1 Agonist (weight loss medication or for your diabetes) it is required to stop these medications 7 days prior to your procedure. Please contact your PCP regarding this if you are taking these medications for diabetes.
- DO NOT EAT foods that contain small seeds (nuts, tomatoes, cucumbers, rye, popcorn, sesame, caraway, poppy, and grapes) 3 days prior to your procedure.

ONE DAY BEFORE PROCEDURE:

Eat or Drink only **clear** liquids for breakfast, lunch and dinner the day before your exam. Solid foods and milk products are **not** allowed. Clear liquids (not colored red or purple) include:

- Water
- Pop (diet & regular)
- Clear broth or bouillon
- Sport drinks (Propel, Gatorade)
- Apple juice
- White grape juice
- White cranberry juice
- Coffee or Tea (without milk or cream)
- Kool-aid
- Plain Jello
- Ice popsicles
- Clear hard candy (life savers, jolly ranchers)

Instructions continued on back → **TURN OVER**

ONE DAY BEFORE PROCEDURE CONTINUED:

- If you are diabetic please check with your family physician as to adjusting your insulin while on a clear liquid diet. Usually your dose will be cut in half the day before and you will not take any the day of the procedure.
- At **2:00 PM** – Pour one 6 oz. bottle of SUPREP liquid into the mixing container and dilute it with water up to the 16-oz. line and drink the entire amount. Follow with (2) 16 ounces glasses of water.
- At **4:00 PM** – Pour one 6 oz. bottle of SUPREP liquid into the mixing container and dilute it with water up to the 16-oz. line and drink the entire amount.
- At **6:00 PM** – Pour one 6 oz. bottle of SUPREP liquid into the mixing container and dilute it with water up to the 16-oz. line and drink the entire amount.
- Drink (2) more 16 oz. glasses of water following the previous. You may continue to have clear liquids until you begin your am prep.

DAY OF THE PROCEDURE:

- At **5:00 AM** pour the last 6-oz. bottle of SUPREP liquid into the mixing container and dilute it with water up to the 16-oz. line and drink the entire amount.
- Drink (2) more 16 oz. glasses of water following the previous. Prep and water must be finished by **6:00AM**.

What should my stools look like? Your stools should look like clear to light yellow water with no stool particles. The yellow color is normal.

- If you are diabetic please check your blood sugar before coming in.
- **DO NOT EAT, DRINK or CHEW GUM** before your procedure or it may be cancelled or delayed.
- You may take all your medications with a sip of water **except:** blood sugar/diabetic medications.
- If you are a female and between the ages of 18-55 years old, you will be asked to give a urine sample, unless you have had a hysterectomy.

What to bring with you:

- Because you are receiving anesthesia, you cannot drive; you must be accompanied by an adult who must remain on the premises while you are having your procedure. Your procedure will be cancelled if you do not have a ride.
- A list of your current medications including the dosage and the times you take them, along with any drug allergies.
- Your driver's license and insurance cards.
- Please do not apply lotions or perfumes the day of your procedure.
- Please leave your cell phone in the car or with your driver.