

# 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.

## 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 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.