



Colonoscopy with Suprep®

Please follow these instructions carefully for a safe and successful colonoscopy.

IMPORTANT:

1. Pick up the prescription Suprep cleansing from the pharmacy with enough time.
2. You will receive sedation during the procedure. Have someone who can drive and accompany you the day of the colonoscopy.

WHAT YOU NEED: Suprep prescription (sent to your pharmacy). There are 2 bottles and a plastic cup on the kit.

FIVE (5) DAYS BEFORE THE COLONOSCOPY:

1. STOP THESE MEDICATIONS (Unless instructed otherwise by your doctor):
 - a. Anticoagulants: such as: Warfarin (Coumadin), Eliquis, Xarelto.
 - b. Anti-platelet agents: Plavix (Clopidogrel), Pletal (Cilostazol)
 - c. NSAIDs: Aspirin, Ibuprofen (Motrin, Advil), Celebrex, Relafen, Naproxen.
 - d. Vitamin E and fish oil.
2. Do not eat foods and fruits that are or contain seeds (corn, poppy seeds, nuts). Start a low fiber diet (no salads, oatmeal, etc).

PREPARATION DAY — THE DAY BEFORE THE COLONOSCOPY:

The diet is straightforward - FOLLOW CLEAR LIQUIDS ONLY ALL DAY — NO SOLID FOOD.

Suggestions: Water, Clear beef or chicken or vegetable broth, Apple juice or white grape juice, Gatorade®, Sprite®, 7-Up®, Tea or coffee (NO milk/cream), Jell-O® or popsicles. Avoid: Dairy products, Red or purple liquids.

If you have diabetes mellitus, monitor your blood sugar frequently and adjust according to the glucose level.

SuPrep Mixing and Drinking the preparation:

1. **First dose:** Take the first dose around 2:00 pm to 3:00 pm
 - a. Pour one 6-ounce bottle of Suprep liquid into the mixing container (plastic cup).
 - b. Add cold drinking water to the 16-ounce line on the container mix.
 - c. Mix the solution and drink ALL the liquid in the container.
 - d. Follow with TWO 16-ounce drinks of water within 1 hour of the prep dose.
2. **Second dose:** Take the second dose around 7:00 pm to 8:00 pm: repeat all the steps above.

Expected symptoms: Diarrhea, Cramping, Bloating, and sometimes mild nausea.

Helpful tip: Use baby wipes or barrier cream to reduce irritation.

Drink additional fluids to prevent dehydration but stop drinking liquids 5 hours prior to the procedure.

DAY OF EXAMINATION: Take your routine medications (except for blood thinners) the morning of the test with a sip of water.

For questions: call Arizona Advanced Digestive Care at (623) 242-7997.