

1. **If you take diabetic medications (insulin/oral medication) -- reduce the amount by one half on morning of prep and hold the medication on the morning of procedure.** You may resume your medications once you begin eating again.
2. **If you currently take Warfarin (Coumadin) rivaroxaban (Xarelto) apixaban (Eliquis), clopidogrel (Plavix) or other blood thinners (excluding Aspirin 81mg)** you should have received instructions regarding when to discontinue the medication if necessary. If you have not, or do not clearly understand the instructions, please call the office as soon as possible for clarification. Hold thinner for _____ days.

7 days prior:

Stop fiber supplementations, multivitamins, fish oil, iron supplements, and avoid eating nuts and seeds
Stop Adipex/Phentermine, Naltrexone/Bupropion (Contrave), and Aspirin 325mg.

ONE DAY PRIOR:

Beginning with breakfast you will be on a clear liquid diet. You should complete 8 ounces of liquid each hour.

ALLOWED:

Soda pop	Club soda	Water	Coffee (no creamer)
Ginger ale	Tea	Juice (pulp free)	Honey
Clear sports drinks	Hard Candy	Broth	Jello
Popsicles			

NOT ALLOWED

Alcohol (is dehydrating)	Meat	Breads	Grains	Rice
Milk or other dairy products	Vegetables	Fruits	Cereal	Chunky soups

NOTHING RED OR PURPLE IN COLOR

Bowel Cleansing Prep:

5 p.m. (the day prior)- Take two 5 mg dulcolax/bisacodyl tablets

6:00pm (the day prior) – Pour one 6oz bottle of Suprep into the mixing container. Add cold water to the 16 oz. Line and drink all of the solution. You must drink 2 more 16 oz. glasses of water within the next hour. Continue drinking other liquids at the rate of 8 oz. an hour for the rest of the evening.

Day of Procedure:

5 hours prior - At _____ – Pour one 6oz bottle of Suprep into the mixing container. Add cold water to the 16 oz. line and drink all the solution. You must drink 2 more 16 oz. glasses of water within the hour.

- You must finish the remaining solution **no later than 4 hours before your colonoscopy appointment.**
- Take your blood pressure, heart, pain, thyroid, anxiety and seizure medication early the morning of the procedure with sips of water if you normally take these medications in the morning.
- **Bring prescription inhalers with you**



Figure 1. Importance of proper preparation¹



Fig 2. Stool output: Assessing your Readiness

