

# **SUPREP Split-Dose Prep**

- 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.
- 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 Vegetables Fruits Cereal Chunky soups

products

#### 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 preparation<sup>1</sup>

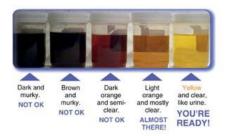


Fig 2. Stool output: Assessing your Readiness



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