***Colonoscopy Prep – Suprep***

|  |
| --- |
| ***In Advance…*** |
| * Please read the following instructions carefully in advance of your procedure. **\*\*\*Please disregard** **package insert which states you may drink up to one hour prior to procedure**. In order to visualize your colon properly, it must be clean. It is absolutely necessary that you complete the following instructions, with no changes, unless specified by your physician. * Be sure to fill your prescription for the SUPREP® at your pharmacy at least 1 week before your scheduled procedure. On the day prior to your scheduled procedure, you will begin the prep. * Avoid eating: Seeds, Nuts and Corn 7-10 days before your procedure. * If you take blood thinner products: follow the specific instructions for your blood thinner as instructed by the Coumadin Clinic or your GI Physician. If you have not received specific instructions **1 week prior** to your appointment, please call the Centers for Gastroenterology at 970-207-9773. * If you take insulin products or oral diabetes pills, please see the enclosed diabetic instruction sheet. |
| ***Prep Instructions….*** |
| DRINK PLENTY OF CLEAR LIQUIDS TO PREVENT DEHYDRATION – but stop 4 hours prior to procedure.   * **The day before your exam, eat a light BREAKFAST before 9:00am:** *A light breakfast can be toast, eggs, and black* *coffee (sugar is okay), apple juice or white grape juice.)*   + **After breakfast switch to clear liquids.**   + **On your clear liquid diet you may have only:** *.water, coffee (no milk or creamer), tea, plain chicken or beef broth, clear carbonated beverages (7-Up®, Sprite®, and Ginger Ale®), Jell-O® (no fruit added), juices without pulp (apple or white grape), sports drinks, Popsicles® (without fruit pieces). Avoid drinking anything that is* ***red, blue****, or* ***purple****.* * **Take 1st dose 6:00 p.m. the evening before your procedure:**  pour ONE 6-ounce bottle of SUPREP® liquid into the mixing container.   1. Add cool drinking water to the 16-ounce line on the container and mix  2. Drink ALL the liquid in the container.  3. You MUST drink two (2) more 16-ounce containers of water over the next 1 hour.  4. Continue drinking clear liquids until you go to bed.  \*\*It is common to experience nausea with prep. It is important to complete the entire prep\*\*   * **The day of your exam, Take the 2nd dose of the colon prep 5 hours prior to your procedure**: Complete steps 1 - 4 above using the second 6-ounce bottle.   You must finish drinking the final 16-ounces of water at least 4 hours before your colonoscopy. Take your usual medications (especially heart and blood pressure medications) **up to 4 hours prior to the procedure.** It is OK to take aspirin up to and including the day of the procedure, up to 4 hours prior to your procedure. **Follow specific directions given by your physician regarding insulin, oral diabetes pills, and blood thinners.**   * + **Please DO NOT drink or eat anything for 4 hours before your procedure including NO gum, mints, candy or chewing tobacco.**   + If your stools are not clear/yellow 2 hours prior to procedure, please call 970-297-6303 for further prep instructions * Arrive at Harmony Surgery Center 1 hour prior to your procedure time. As a reminder, your procedure will be cancelled if you do not have a ride home arranged (your driver must be 18 years of age or older). |