

**INSTRUCTIONS FOR COLONOSCOPY WITH
PM/AM SUPREP PREP KIT**

Obtain one Suprep Bowel Prep Kit from the pharmacy.

ONE WEEK PRIOR TO THE PROCEDURE:

Please do not take Advil, Motrin, Aleve, ibuprofen, etc., fish oil or vitamin E. Tylenol is o.k. If you take aspirin, Persantine, Plavix, Ticlid, Coumadin, Aggrenox, Pletal, or Cilostazol, or any non-steroidal anti-inflammatory drug or diabetes medication, ask your prescribing physician for special instructions and let us know. Please continue to take your medication as usual.

ONE DAY BEFORE THE PROCEDURE:

1. **CLEAR LIQUIDS ONLY** (see below)
2. At 6:00 p.m. pour one 6-ounce bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. Drink **ALL** the liquid in the container. Do **NOT** drink prior to dilution. You **MUST** drink two (2) more 16-ounce containers of clear liquid over the next 1 hour.
3. YOU **MUST** continue drinking clear fluids until bedtime. The more fluids you drink the better your prep will be. It is advisable that you place a towel under your hip/buttock area at bedtime to protect your sheets from possible stool leakage.

ON THE DAY OF THE PROCEDURE:

1. At 6:00 a.m. pour one 6-ounce bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. Drink **ALL** the liquid in the container. You **MUST** drink two (2) more 16-ounce containers of clear liquid over the next 1 hour.
2. Nothing by mouth for _____ hours prior to the procedure.
3. If you take medications, you may take it on the morning of the procedure with a small amount of water. (Call the office if you have questions about these instructions).

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- CLEAR LIQUID DIET --- ONLY THESE ITEMS ARE ALLOWED: DO NOT HAVE ANYTHING RED OR PURPLE IN COLOR.
 - Gatorade and Powerade. **We encourage you to drink as much as possible of these two items to prevent dehydration.**
 - SOUPS: Clear bouillon, broth or consommé
 - BEVERAGES: Tea, coffee, decaffeinated tea/coffee, Kool-Aid, carbonated beverages. DO NOT put any milk or cream in your tea or coffee.
 - JUICES: Apple, White grape juice, white cranberry juice, strained lemonade, limeade, orange drink.
 - ANY JUICE THAT YOU CAN SEE THROUGH AND HAS NO PULP IS ACCEPTABLE.
 - DESSERT: Water ices, Italian ices, Popsicles, Jello, Sorbet
 - You can have one can of Ensure only.
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DATE: _____ DOCTOR: _____ ARRIVE AT: _____

REPORT TO: () St. Vincent's Medical Center () The Endoscopy Center of Fairfield
2800 Main Street, BPT 425 Post Road, FFLD

NO DRIVING: You cannot drive, take a taxi alone, or take a bus alone after the procedure. You must be accompanied by an adult. If this rule is not followed, we may cancel your procedure.

Revised 12/09