

## SUPREP Colonoscopy Instructions

- Check with your physician's nurse regarding any prescription blood thinners and their recommended time to withhold prior to procedure. Do NOT stop aspirin unless instructed by your physician.
- **5 days before the procedure:** DO NOT take Iron or fiber supplements such as Metamucil or Fibercon.
- **48 hours before the procedure:** NO fiber, NO salads, NO raw fruits or vegetables, and NO nuts.
- **Day before procedure:**

1. Clear Liquids ONLY – **NO SOLID FOODS** (see chart below)

What You CANNOT DO (day before)		
<ul style="list-style-type: none"><li>• Do NOT drink anything RED or Purple</li><li>• Do NOT drink milk or cream products</li></ul>	<ul style="list-style-type: none"><li>• Do NOT take other laxatives while using SUPREP</li><li>• Do NOT drink vegetable juice</li></ul>	
Liquids that are OKAY to Drink (day before)		
<ul style="list-style-type: none"><li>• Anything you can see through.</li><li>• Popsicles</li><li>• Jell-O</li><li>• Water</li></ul>	<ul style="list-style-type: none"><li>• White grape juice</li><li>• Apple juice</li><li>• Lemonade</li><li>• Gatorade</li><li>• Kool-Aid</li></ul>	<ul style="list-style-type: none"><li>• Gelatin Desserts (no fruit or toppings)</li><li>• Chicken broth or bouillon</li><li>• Clear soda (such as ginger ale)</li><li>• Coffee or tea (no cream or nondairy creamer)</li><li>• Clear fruit Juices (without pulp)</li></ul>

2. Follow Directions Below:

Dose 1 – Day Before Colonoscopy @ 4:00PM
<ul style="list-style-type: none"><li>• STEP 1 – Pour ONE (1) 6 oz bottle of SUPREP liquid into mixing container.</li><li>• STEP 2 – Add cool drinking water to the 16 oz line on the container and stir to mix.</li><li>• STEP 3 – Drink ALL the liquid in the container.</li><li>• STEP 4 – Drink two (2) more 16 oz containers of water over the next 1 hour.</li> <li>• IMPORTANT: If you experience preparation-related symptoms (for example, nausea, bloating, or cramping), pause or slow the rate of drinking the additional water until your symptoms diminish. Some may drink the mixture through a straw at the back of the tongue to help improve the taste. You can suck on a lemon wedge after each glass.</li></ul>
Dose 2 - Day Before Colonoscopy @ 8:00PM
Repeat STEP 1-3 from Dose 1. If possible, repeat STEP 4 to stay hydrated.
<p><b><u>NOTHING by mouth after midnight</u> unless otherwise instructed. <u>Do NOT</u> use smokeless tobacco. <u>DO NOT</u> chew gum or have any mints/candy the morning of the procedure. <i>Failure to comply could result in cancellation of procedure.</i></b></p> <ol style="list-style-type: none"><li>1. <b>If you take medication (i.e. -blood pressure, seizure, arrhythmia medication, and/or thyroid medications), please take it with <u>only a sip of water</u>.</b></li><li>2. <b><u>DO NOT</u> wear any jewelry or bring any valuables.</b></li></ol>

**YOU MUST BRING A DRIVER WITH YOU FOR THE PROCEDURE AS YOU WILL BE SEDATED FOR THE PROCEDURE. IF NO ONE COMES WITH YOU TO DRIVE YOU HOME, THE PROCEDURE CANNOT BE PERFORMED AND WILL HAVE TO BE RESCHEDULED. THE DRIVE WILL NEED TO STAY DURING THE FULL DURATION OF THE PROCEDURE. NO TAXI, BUS, OR PUBLIC TRANSPORTATION (UNLESS YOU HAVE A FAMILY MEMBER/FRIEND WITH YOU IN THE VEHICLE).**

- You will be here approximately 2-3 hours from arrival time. **\*\*If you have a LIVING WILL, please bring it with you\*\***
- **No driving or operating machinery** until the day AFTER your procedure.
- Please give a 48-hour notice if you wish to cancel or reschedule. If it is after hours and you need immediate assistance, please call the medical exchange at (501) 313-0254.

**Any questions the day of the procedure before 8AM, call the Endoscopy Center Number 501 221-5845.  
Any questions between 8AM and 4PM – contact your doctor's nurse.**

Dr. Angtuaco: 501 406-9291  
Dr. Hughes: 501 406-9311  
Dr. McElreath: 501 406-9331

Dr. Svoboda: 501 406-9351  
Dr. Coppola: 501 406-9301  
Dr. S. Jones: 501 406-9321

Dr. Patel: 501 406-9341  
Dr. J. Jones: 501 406-9302  
Dr. Coggins: 501 406-9337