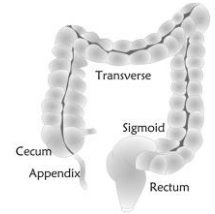


**For a successful exam - We Need your help!! Please follow all instructions.**



<b>Transportation</b>	You <b>MUST</b> arrange a ride. <b>No ride = Reschedule procedure</b>
<b>Pregnancy</b>	If you <b>ARE</b> or <b>MAY</b> be pregnant – <b>STOP!</b> Discuss this with your doctor before scheduling
<b>Medications</b>	Bring all medications. <b>Blood thinners = Alert</b> (may have to be stopped)
<b>REPORT</b>	<b>New symptoms:</b> Chest pain, Stroke, Heart attack, Emergency /Quick Care visits

**PURCHASE THE FOLLOWING SUPPLIES AT YOUR LOCAL PHARMACY:**

- Fill prescription for SUPREP at your local pharmacy



**7 Days Before Procedure: Medication**

- May or may not have to stop aspirin or Ibuprofen(Advil, Motrin) – check with your physician.
- You need specific instructions if you take **blood thinners** [Coumadin (warfarin), Pradaxa (dabigatran), Persantine (dipyridamole), Plavix (clopidogre), Eliquis (apixaban), Xarelto (rivaroxaban), Aggrenox (aspirin/extended-release dipyridamole), Pletal (Cilostazol), Effient(prasugrel)]. These may need to be stopped 4-7 days before procedure.



**4 Days before Procedure: Diet**

- Start **Low roughage** diet: *Allowed:* soup, fish, chicken, eggs, white rice, bread, crackers, plain yogurt, pasta, potato with no skin, gelatin, broth, bouillon, all liquids. *Avoid:* Whole grain bread, fruit, & vegetables. Stop all nuts and seeds.
- Stop any added fiber such as metamucil. **AVOID** foods with red dye such as red jello.



**1 Day before Procedure: Diet & Bowel Preparation**

- Clear liquids** – the whole day. You are allowed clear liquids until 4 hours prior to your procedure. Nothing by mouth 4 hours prior to procedure. *Allowed:* Clear liquid diet is liquid food that you can see through. Includes water, fruit juices, jello, clear broth or bouillon, clear fluids (Sprite, sports drinks, etc), popsicles, etc. Please consume plenty of clear liquids! A colonoscopy prep can cause dehydration and loss of electrolytes if you do not! **NO TO:** All solid foods, milk and milk products, and any item with red dye. Limit coffee and tea as they can dehydrate you.
- At 6 pm**, Pour one (1) 6 oz. bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16 oz. line on the container and mix. Drink all the liquid in the container. You must drink two (2) more 16 oz. containers of water over the next one (1) hour.



**Day of Procedure**

**IMPORTANT: DO NOT DRINK ANY FLUIDS FOR 3 HOURS BEFORE YOUR APPOINTMENT TIME**

- Nothing to eat or drink after midnight! You may take all of your morning medications as usual with 4 oz. of water up to 3 hours before your procedure.
- About 5 hours before procedure** - pour one (1) 6 oz. bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16 oz. line on the container and mix. Drink all the liquid in the container. You must drink two (2) more 16 oz. containers of water over the next one (1) hour.
- Nothing to drink 3hr before procedure. **Procedure = Rescheduled if you eat or drink within 4hr of procedure**

**Tips:**

- Chilling the prep-liquid and using a straw may help.
- It is common to experience sudden diarrhea, with abdominal cramps and nausea (may last for 2-4 hours, sometimes longer). If this occurs, give yourself a 30-min break. Once better, continue with the bowel prep.
- Anal irritation can be avoided with use of over the counter hydrocortisone creams, Tucks pads, and baby wipes. Apply some Vaseline or Desitin to the anal area prior to beginning the prep and reapply as needed.