



# Intercoastal Gastroenterology Group

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## 2 day Preparation for Colonoscopy Using Suprep

Place _____
Date _____
Time _____
Arrival _____

**\*Purchase the Suprep Kit from the Pharmacy**

**\*Purchase OTC Dulcolax tabs**

**DO NOT GO BY THE INSTRUCTIONS ON THE BOX  
NOTHING BY MOUTH 4 HOURS PRIOR TO PROCEDURE**

**5 Days prior to procedure-** Please **STOP** Advil, Motrin and Anti-inflammatory drugs, fiber supplements, iron, fish oil, vitamin E, and multivitamins. Tylenol is allowed.

IF YOU ARE TAKING BLOOD THINNERS PLEASE NOTIFY THE GASTROENTEROLOGIST OR NURSE FOR SPECIFIC INSTRUCTIONS. \_\_\_\_\_

**\*\*Continue to take your 81mg Aspirin unless you have been advised to stop by your cardiologist.\*\***

**4 days prior to procedure** – Please avoid all nuts and seeds (in or on foods) including popcorn, granola mix, grape nuts, grapes, and raisins.

**2 days prior to procedure** – Eat a light breakfast, then clear liquid diet ONLY. Clear liquids include coffee/tea with sweetener. (no milk or milk products) You may have water and colored-water such as: Gatorade, kool-aid, soda, Jell-O, and popsicles. (without red or purple coloring), apple juice, white grape juice, orange juice, and lemonade (without the pulp) Chicken, beef, or vegetable broth/bouillon. **NO ALCOHOL.**

### At 6:00 pm take 2 Dulcolax tabs

**THE DAY BEFORE THE PROCEDURE** – Clear liquids ONLY starting when you wake up.

Diabetic medications can be taken in the morning only. If you take insulin, monitor blood sugars and sliding scale: take only 1/3 dose of the scheduled insulin. Call PCP or Endocrinologist if questions regarding your insulin.

Clear liquids include coffee/tea with sweetener. (no milk or milk products) You may have water and colored-waters such as: Gatorade, kool-aid, soda, Jell-O, and popsicles, (without red or purple coloring), apple juice, white grape juice, orange juice and lemonade (without the pulp), Chicken, beef, or vegetable broth/bouillon. **NO ALCOHOL.**

### **At 7:00 pm**

- 1) Mix up the prep by pouring one (1) 6 oz bottle of Suprep liquid into the mixing container.
- 2) Add cold water to the line on the container and mix.
- 3) Drink all the liquid in the container.
- 4) You must drink two (2) more 16 oz containers of water over the next one (1) hour.

**\*\*NOTE:** You may need to add flavor packet such as Crystal Light to prep.

Continue to drink plenty of water and clear liquids through the remainder of the evening. (Recommend – Gatorade/Propel/Powerade/Smartwater to replace electrolytes)

**6 hours prior to procedure repeat steps 1-4 using the 2nd bottle of Suprep. Then nothing by mouth until after the procedure.**

### **Morning of the procedure**

Take ALL Blood pressure meds and Cardiac meds, normally taken in the morning with a small sip of water. (Excluding Diuretics) Seizure meds and anxiety meds may be taken.

YOU MAY NOT DRIVE YOURSELF HOME FROM THE PROCEDURE. Please make arrangements with a family member or friend. No Taxi.

***If you have any questions regarding your prep or procedure please call 941-538-0092.***