

## Suprep

- ✓ Please pick up Suprep from your pharmacy as soon as they fill your prescription.
- ✓ Take this prep only as instructed.
- ✓ Remember to drink plenty of fluids.
- ✓ Read the "General Guidelines of a Colonoscopy" Page.

## PREPARATION

- If you are taking any ***bloodthinners***, please contact the physician who ordered the medication for instructions.
  - **Tylenol** is permitted for pain relief as needed.
- ✧ Remember to have clear liquids the entire day before the procedure. This prep often works within 30 minutes but may take as long as 3 hours, so you will want to remain close to a restroom as multiple bowel movements may occur.
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## The Clear Liquid Diet:

- ❖ Start the clear liquid diet as soon as you wake up the day before your procedure!
- ❖ Clear liquids are any liquid food/beverage you can **see through**. This includes fruit juices (apple, white grape, white cranberry, etc.), Sprite, 7-up, Ginger Ale, water, Jell-O, clear broth or bouillon, tea, black coffee, popsicles, and various sports drinks.
- ❖ **Do not** have any **dairy products**. This includes creams and cheeses.
- ❖ **Do not** have any items with **RED DYE!!!** (Red Jell-O, fruit punch, cranberry juice, etc.)

\* **Remember: Abdominal bloating and cramping, as well as nausea and vomiting may occur. This is usually temporary, and the symptoms should resolve as you start to move your bowels.**

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*If you have any questions about these instructions,  
please call our office at 302-892-9900.*

**IF YOUR INSURANCE DOES NOT COVER THE PRESCRIPTION PREP, PLEASE CALL OUR OFFICE FOR ASSISTANCE.**

PLEASE NOTE: The following instructions are different than the ones included in the SUPREP kit, as well as on the website. Please adhere to the steps listed below to ensure proper preparation.

The day before your procedure:

1. You will be on clear liquids the entire day before your procedure
2. 6:00pm – Drink the first bottle of SUPREP as instructed in the following steps:
  - 1) Pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container.
  - 2) Add cool drinking water to the 16-ounce line on the container and mix. **NOTE: Be sure to dilute SUPREP before you drink it**
  - 3) Drink ALL the liquid in the container.
  - 4) You **MUST** drink two (2) more 16-ounce containers of water over the next 1 hour
3. 5 hours before your report time\* - Repeat steps 1 through 4 to complete the second bottle of SUPREP.

**\*You will receive a phone call from the facility 1-2 days before your procedure with your report time**

**DO NOT eat or drink anything after you have finished the prep.**

Once you have your report time, please follow the chart below to determine when to start the second bottle of Suprep:

If your arrival time is at:	Begin second bottle of prep at:
6:30 AM	1:30 AM
7:00 AM	2:00 AM
7:30 AM	2:30 AM
8:00 AM	3:00 AM
8:30 AM	3:30 AM
9:00 AM	4:00 AM
9:30 AM	4:30 AM
10:00 AM	5:00 AM
10:30 AM	5:30 AM
11:00 AM	6:00 AM
11:30 AM	6:30 AM
12:00 PM	7:00 AM
12:30 PM	7:30 AM
1:00 PM	8:00 AM
1:30 PM	8:30 AM
2:00 PM	9:00 AM

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## General Guidelines of a Colonoscopy

A [colonoscopy](#) is a test that examines the inside of your large intestines or the colon. The most common reason for a colonoscopy is to look for colon polyps or colon cancer. Before a colonoscopy can be performed, your colon must be completely empty for the colonoscopy to be thorough and safe. While a colonoscopy is generally safe, risks include bleeding, perforation (puncture of the colon), and risk of complications from sedation. A colonoscopy is the best method (95%) to find and remove polyps.

Our doctors and staff will instruct you on which preparation to take. The prep you receive depends on your medical condition as well as which medications you are currently taking.

Please inform us before you schedule the procedure if you have any of the following:

- An internal defibrillator
- Latex allergy
- Take ANY Blood Thinners
- Take antibiotics for dental procedures
- Are on home oxygen

If you are diabetic:

- Hold your diabetic medication the morning of the test.
- If you take insulin, take ½ of your normal dose the night before and ½ of your normal dose the morning of the procedure.
- Use sugar-free drinks for liquids, like Crystal Lite, during the prep (to avoid increase in blood sugar) and monitor your blood sugar closely to prevent low blood sugar.

### Medications that DO NOT need to be held:

- Aspirin
- Ibuprofen
- Fish Oil
- Garlic
- Herbal Supplements
- Iron
- Vitamins
- Folic Acid

\*SUPREP reference from <http://www.suprekit.com/dose-instruction-english.htm>

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please call our office at 302-892-9900.*