

Please read and follow these instructions carefully. The colonoscopy cannot be completed if your colon is not clean and you will be rescheduled.

Procedure Preparation

- ✓ 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.

*If you are taking **any blood thinners**, please contact the physician who ordered the medication for instructions.

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

Medication Instructions

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

- An internal defibrillator
- Latex allergy
- Take ANY Blood Thinners
- If you take antibiotics for dental procedures, please contact the prescribing physician for instructions
- 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. *If your blood sugar is low, you may drink a sugary beverage.*

Day before the procedure Prep

- You may eat a light breakfast, no solids after 11:00 am.
- **Do not** have any dairy products.
- **Do not** have any items with **RED DYE!!!**
- **6:00pm** – Drink the first bottle of SUPREP as instructed in the following steps:
- Pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container.
- Add cool drinking water to the 16-ounce line on the container and mix.
- You **MUST** drink two (2) more 16-ounce containers of water over the next 1 hour
- **5 hours before your report time*** - Repeat the steps to complete the 2nd bottle SUPREP

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

Day of Procedure

Reminder:

- Do not eat or drink anything before your procedure
- Dress in light, loose clothing.
- Do not wear makeup, nail polish, jewelry, hairspray, or perfume of any kind.

Bring:

- Insurance Card
- Identification Card
- All your current medications and dosages.
- An eyeglass case if you wear glasses.

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

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