## SUPREP Colonoscopy Preparation
### Preparing for your procedure

Your colonoscopy is scheduled for: _____________________________________________

Please check in at: __________ a.m./p.m.

Show your current insurance card and photo ID at check-in.

Doctor: ____________________________  Pharmacy: ____________________________

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### What you’ll need

Your prescription bowel preparation will be available at the pharmacy written in above 7 days before your procedure.

### 7 days before your procedure

- Talk to your primary care clinician about stopping any:
  - Anticoagulation medications, such as apixaban (Eliquis), dabigatran (Pradaxa), rivaroxaban (Xarelto) or warfarin (Coumadin).
  - Antiplatelet medications, such as clopidogrel (Plavix).
- Ask your primary care clinician for instructions if you:
  - Take insulin for diabetes.
  - Have heart valve disease or had heart valve replacement.
- Stop taking multivitamins and other medications with iron.
- **Arrange for a ride home from a licensed driver after your procedure.** Don’t take a bus, cab or ridesharing service unless an adult rides with you. Don’t ride a motorcycle.

### 3 days before your procedure

- Start eating a low-fiber diet. A low-fiber diet helps make the bowel preparation more effective. See the handout *Low-Fiber Diet Guidelines* (#20953).
- Stop taking Metamucil or FiberCon fiber supplements.

### 2 days before your procedure

- Continue eating a low-fiber diet.
- Drink at least eight 8-ounce (237-milliliter) glasses of water throughout the day. Cross out each square as you drink a glass.
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- Don’t drink any alcoholic beverages.
- Complete the health history form provided along with these instructions.
- **Don’t eat any solid food after midnight.**

### 1 day before your procedure

- See “Tips for colon cleansing” in the handout *Colonoscopy: What to expect* (#13060).
- **Don’t eat any solid food. Begin a clear-liquid diet.** Clear liquids are liquids that look like colored water and you can see through at room temperature.
- **Don’t drink any red or purple liquids.** The color may interfere with your procedure.

You may have any of the following:

- Water, clear broth or bouillon
- Coffee or tea without milk or nondairy creamer
- Gatorade or Powerade noncarbonated sports drinks—Regular Gatorade, regular Powerade, Gatorade G2 and Powerade Zero are OK. Choose a green-, yellow- or clear-colored flavor. Don’t use powdered Gatorade.
- Pedialyte, carbonated and noncarbonated soft drinks, Kool-Aid or other fruit-flavored drinks and strained fruit juices without pulp (apple, white grape, white cranberry)
- Jell-O, Popsicles and hard candy

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### 1 day before your procedure (continued)

- **Drink at least eight 8-ounce glasses of water throughout the day.** Cross out each square as you drink a glass.
- If you want to drink a chilled solution of SUPREP, mix the solution ahead of time and refrigerate it before drinking. Don’t add ice to the solution or in your glass.
- **At 5:30 p.m.,** prepare and drink your 1st dose of SUPREP.
  - Pour the contents of 1 of the 6-ounce bottles of SUPREP Bowel Prep Kit into the mixing container provided.
  - Fill the container with water to the 16-ounce (473-milliliter) fill line.
  - Drink the entire amount in the container quickly.
  - If you experience nausea or vomiting, rinse your mouth with water and take a 15- to 30-minute break. Then continue drinking the solution.
  - Expect to have diarrhea. You may feel chilled.
  - You **must** drink 2 more containers filled to the 16-ounce line with water over the next 60 minutes.
  - Continue to drink clear liquids throughout the evening. Drinking clear liquids makes sure you’re hydrated well enough and helps your bowel preparation fully clean out your colon.

### Day of your procedure

- **Four hours before** your procedure, prepare and drink your 2nd dose of SUPREP.
  - Pour the contents of the 2nd 6-ounce bottle of SUPREP Bowel Prep Kit into the mixing container provided.
  - Fill the container with water to the 16-ounce fill line.
  - Drink the entire amount in the container quickly.
  - If you experience nausea or vomiting, rinse your mouth with water and take a 15- to 30-minute break. Then continue drinking the solution. Expect to have diarrhea. You may feel chilled.
  - You **must** drink 2 more containers filled to the 16-ounce line with water over the next 60 minutes.
  - Stop drinking any clear liquids when you’ve finished drinking your 2nd dose of SUPREP and the additional two 16-ounce containers of water.
  - You may take your morning medications with 4 ounces of water.
  - Your stool should be clear or yellow liquid. If you’re unsure whether your colon is clean, call your gastroenterology clinic (see the handout *Gastroenterology and Endoscopy Locations*) before leaving for your procedure.
  - Bring to your procedure the following:
    - Health insurance card
    - Photo ID
    - Completed health history form
    - Adult to drive or ride with you home

**Remember**

Drinking the solution quickly is part of how the preparation works.