

SUPREP BOWEL PREPARATION

This is osmotic laxative indicated for cleansing of the colon in preparation for colonoscopy

Purchase the following

1. Suprep Bowel prep kit

5 days prior to procedure: You will need to STOP all blood thinning medications such as Coumadin, Plavix, Xarelto, Effient, Pradaxa, Brilinta, Aspirin, Advil, Motrin, or anti-inflammatory drugs. You may use Tylenol if needed.

You will need to stop all fiber supplement, iron, fish oil, vitamin E and multivitamins.

1 day prior to procedure: Clear liquids only which include coffee/tea with sweetener (no milk or milk products), water, flavored water, Gatorade, soda, apple juice, white grape or cranberry juice, iced tea, lemonade (without pulp), jello, popsicles, chicken or beef broth.

If you are diabetic you can take your medications in the morning only. Monitor blood sugars. Take ½ dose scheduled insulin. Call PCP or endocrinologist with any questions regarding your insulin.

Preparation and Administration

-Must dilute in water prior to ingestion.

-Administration of two bottles of SUPREP Bowel Prep Kit is required for a complete preparation for colonoscopy. One bottle is equivalent to one dose.

- **6pm** Pour one bottle of Suprep into a mixing container. Add cool water to a 16oz line of container and mix. Drink two more 16oz of water over the next hour

10pm Pour one bottle of Suprep into a mixing container. Add cool water to a 16oz line of container and mix. Drink two more 16oz of water over the next hour.

- Stop consumption of all fluids at least 2 hours before the colonoscopy.

Continue to drink clear liquids through the rest of the day and evening. (Recommend Gatorade, Propel or Powerade to replace electrolytes).

Nothing by mouth after midnight.

Day of procedure: Take all blood pressure and cardiac medications normally taken in the morning with a sip of water. No diuretics. No diabetic medications.