

INSTRUCTIONS for COLONOSCOPY SUPREP SPLIT PREPARATION

MEDICATIONS:

- **Take your ESSENTIAL prescription medications.**
- **You do not have to stop your ASPIRIN (ASA), VITAMINS or NSAID's (i.e. Advil, Motrin, Ibuprofen, etc.)**
- **One week prior to procedure, please STOP IRON PILLS/IRON SUPPLEMENTS**
- **STOP BLOOD THINNERS as directed**

3 Days before procedure

- No nuts
- No seeds

Tips days of prep:

- Prep anal area with Desitin or similar
- Use baby wipes

YOU WILL NEED TO PURCHASE:

- SUPREP KIT – PRESCRIPTION

DAY BEFORE COLONOSCOPY

DATE: _____

DIET:

- CLEAR LIQUIDS ONLY from the time you wake up
- DO NOT EAT ANY SOLID FOODS ALL DAY
- DO NOT CONSUME ANY DAIRY PRODUCTS OR SMOOTHIES

CLEAR LIQUIDS INCLUDE:

- Water, Coconut Water, Kool-Aid or Flavored Drinks
- Fruit juices w/o pulp – apple, pineapple white grape/cranberry
- Clear broth or bouillon (chicken, beef or vegetable flavor)
- Black coffee (decaf/regular) or tea w/o milk or creamer
- Sugar, artificial sugar, honey
- Soda (regular or diet), Gatorade
- Jell-O (green, yellow and orange flavor ONLY)
- Popsicles or Italian Ice, Hard Candy

DO NOT DRINK ALCOHOL, DAIRY, RED, BLUE OR PURPLE LIQUIDS

SUPREP SOLUTION PART 1

1. Pour One (1) 6-ounce bottle of SUPREP liquid into the mixing container and add cool drinking water to the 16oz line on the container and mix.
2. Starting at 5:00 pm, drink ALL the liquid in the container.
3. You must drink two (2) more 16oz containers of water or any clear liquid listed on your left lower side over the next one (1) hour.

IF YOU'RE HAVING A PROBLEM WITH YOUR COLONOSCOPY PREPARATION AFTER HOURS, PLEASE CALL OUR MAIN LINE AT (703) 698-8960 AND THE ANSWERING SERVICE WILL CALL THE ON CALL DOCTOR FOR YOU.

TIPS FOR DRINKING SUPREP

- Use cool/cold water to mix with Supep
- Drink with a straw
- Eat sorbet/ jello before/during/after prepping

REMEMBER TO STAY CLOSE TO TOILET FACILITIES, AS THE LAXATIVE WILL WORK QUITE SUDDENLY.

DAY OF COLONOSCOPY PREP PART 2

5 hours to your procedure time as indicated below

DATE: _____ TIME: _____ AM

REPEAT STEPS 1-3 FROM SUPREP SOLUTION PART 1-PRIOR NIGHT (ABOVE)

- **DO NOT HAVE ANYTHING TO DRINK FOUR HOURS PRIOR TO YOUR PROCEDURE TIME.**
- **YOU SHOULD TAKE YOUR BLOOD PRESSURE MEDICATION THE MORNING OF YOUR PROCEDURE WITH A SIP OF WATER.**

Your driver must accompany you to your procedure and stay until the procedure is completed and you are ready to leave. **NO TAXI CABS ARE ALLOWED!** Do not drive an automobile, operate machinery or drink alcohol for 12 hours after the procedure due to sedation effects of the medications used.

- Leave all valuables including jewelry at home. GANV is not responsible for lost, stolen or missing items.