



## SUPREP SPLIT DOSE


### Prep Instructions for Colonoscopy

**COLONOSCOPY** - procedure performed to help identify and/or correct a problem in the colon. You will be sedated before an endoscope is inserted through the anus and gently moved around the bends of the colon. The procedure usually takes 30-60 minutes. You **MUST** complete the entire prep to ensure the most effective cleansing.

#### **STOP –**

 taking All Fiber Supplements (Metamucil, Citrucel, Fiber-con, Benefiber, Konsyl, etc.) **ONE WEEK** prior to the procedure. You may resume taking fiber supplements after the procedure.

 taking Coumadin **FIVE DAYS** prior to the procedure. If you have any questions, please contact your prescribing physician.

 taking Plavix **SEVEN DAYS** prior to the procedure. If you have any questions, please contact your prescribing physician.

#### **IF YOU HAVE DIABETES –**

- Oral medication: **DO NOT** take the morning of the procedure.
- Insulin: **DO NOT** take the morning of the procedure.

#### **Day prior to the procedure:**

1. **Begin a clear liquid diet the morning prior to your procedure and continue throughout the day.** This consists of coffee and/or tea with artificial sweeteners **ONLY – (NO milk, cream, or sugar)**. Diet Sodas, beef and/or chicken broth, sugar-free jello and popsicles. **(AVOID red and purple food coloring.)**  
**\*\*\*If you are diabetic, have white grape juice available if you feel your blood sugar is dropping to low.**
2. Beginning at **5 pm** –
  - Step 1: Pour **ONE (1)** 6-oz bottle of SUPREP liquid into mixing container provided in the SUPREP kit. Add cold water to the 16 oz line on the container and mix with a spoon. Drink **ALL** the liquid in the container.
  - Step 2: You **MUST** drink two (2) more 16 oz containers of water over the next 1 hour. Use the empty container to do this.

#### **Day of the procedure:**

1. Beginning **6 hours prior to your procedure time**, you need to drink the second dose of SUPREP. This will be done the same way as before. Pour **ONE (1)** 6 oz bottle of SUPREP liquid into the mixing container given in the SUPREP kit. Add cold drinking water to the 16 oz line on the container and mix with a spoon. Drink **ALL** the liquid in the container. You **MUST** drink two (2) more 16 oz containers of water over the next hour. Use the empty container to do this. This **must be completed prior to 4 hours from your scheduled procedure.**
2. **DO NOT** eat or drink anything after completing the solution except for a small sip of water when taking medications such as Blood Pressure, Heart, Thyroid or Seizure medications.

*After your procedure is completed, you will **NOT** be able to Drive, make any business decisions or perform any potentially risky work duties, so please plan accordingly.*