

SUMMIT DIGESTIVE & LIVER DISEASE SPECIALISTS

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SUPREP BOWEL PREPARATION FOR YOUR COLONOSCOPY PROCEDURE

Colonoscopy Date: _____ TIME: Will Call 1 Day Before With Arrival Time FIVE (5) DAYS BEFORE PROCEDURE:

1. Try to have a light diet (50% less of what you regularly eat) to reduce stool production, and if you suffer of constipation take Milk of Magnesium (MOM) 3 tablespoons every night at bedtime.

THE DAY BEFORE YOUR PROCEDURE:

Liquid Diet ALL day long (NO SOLID FOODS):

- clear liquid base diet, EXCEPT MILK, CREAM OR YOGURT. AVOID RED, BLUE AND PURPLE JELL-O (GELATIN) .YOU MAY CONTINUE LIQUIDS UNTIL 5 HOURS BEFORE YOUR PROCEDURE TIME.
- Suprep:
 - FIRST DOSE: Begin Step 1 at 1 PM the evening before your procedure and proceed as shown below:
 - Step one: Pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container
 - Step two: Add cool drinking water to the 16-ounce line on the container and mix
 - Step three: Drink ALL the liquid in the container. (You must drink two (2) more 16-ounce containers of water over the next 1 hour)
 - SECOND DOSE: Begin Step 1 at 8 PM the evening before your procedure and repeat steps above
- Dulcolax: Take 4 tablets at the same time at 6 PM. Note / Followed by 2-3 glasses of liquids.
- Magnesium Citrate: Drink the whole bottle 6 hours before your procedure time. Note/ followed by 2-3 glasses of liquids.

IMPORTANT REMINDER:

- **YOU NEED TO STOP DRINKING LIQUIDS 5-6 HOURS BEFORE YOUR PROCEDURE TIME!.**
- **ASK A FRIEND OR RELATIVE TO DRIVE AND ASSIST YOU HOME AFTER PROCEDURE, SOMEONE MUST ACCOMPANY YOU.**

DIABETIC PATIENTS:

- If you are taking an oral hypoglycemic (sugar pill): **DO NOT** take it the day before and of your procedure.
- If you are taking **insulin**, please take **½(half)** of your prescribed AM insulin dose, the day before procedure and **skip your night time insulin dose.**

MEDICATION INSTRUCTIONS

You will need to discontinue the medications listed below:

- Anticoagulant/Blood thinner/medication to prevent blood clot: Coumadin/Warfarin, Apixaban/eliquis, Plavix/Clopidogrel, Rivaroxaban/xarelto, Ticagrelor/brilinta, stop 5-7 days before procedures. Advise patients to consult their prescribed MD before stopping this medication. **No need to stop Aspirin.**
- Ibuprofen (Advil, Motrin), Ketoprofen, Naproxen (Aleve) and other NSAIDs (non-steroidal anti-inflammatory drugs) – **3 Days Before Procedure**

YOU MAY TAKE YOUR REGULAR MEDICATION UNLESS INSTRUCTED OTHERWISE.

If you have any questions, please contact our office at 773-292-8247