

Suprep | Colonoscopy Preparation Instructions

Name: «FirstName» Date of Procedure: with: Dr. «RendPrLName» Arrival Time:
Alaska Digestive Center: 563-1750 ARH: 264-2055 PAMC: 212-3124 SCOW: 631-3578
4048 Laurel Street STE 103a

ONE WEEK BEFORE COLONOSCOPY

- You **must** have a responsible adult drive you home. If you do not have a ride arranged, we will not be able to perform the procedure. Public transportation is only allowed with an adult escort.
- Call your pharmacy prior to picking up the prep to ensure they have the prescription.
- **Medications**
 - Blood-thinning medications may need to be discontinued. Take your last dose of on
 - May continue to take regular medications, unless instructed by provider or nursing staff
 - **Stop Taking**
 - Prescription Iron pills
 - **Stop Eating**
 - Seeds, nuts, tomatoes, berries, corn, popcorn, and breads with seeds or nut

TWO DAYS BEFORE COLONOSCOPY

- Obtain Covid Test

ONE DAY BEFORE COLONOSCOPY

- **Start clear liquid diet. No solid foods, dairy or non-dairy products, juices with pulp, red or purple colors, and alcohol.**
- Clear Liquids include: Water, Apple Juice, Gatorade, Broth, Jello, Popsicles, soda, etc.
- Mix bowel prep solution at 6:00 PM:
 - Suprep contains two 6 oz. bottles. You will drink one bottle the night before the colonoscopy and the second bottle the morning of the colonoscopy.
 - Start drinking prep at 6:00 pm
 - Pour one 6 oz. bottle of Suprep liquid into the mixing container.
 - Add cool drinking water to the 16 oz. line on the container and mix.
 - Drink all the liquid in the container
 - After finishing the container, you **MUST** drink two (2) more 16 oz. containers of water over the next 1 hour.
- **Patients that are Diabetic**
 - Evening Dose Only: Take ½ the dose of your diabetic medication(s) the day before your procedure
 - No dose the day of the procedure

DAY OF COLONOSCOPY

- Continue clear liquid diet–No Solid Food.
- Start drinking prep four (4) hours prior to procedure time:
 - Follow the prep instructions as listed above.
 - **NOTHING TO EAT OR DRINK Three (3) HOURS PRIOR TO PROCEDURE.**