

# Bowel Preparation for your Procedure Using SUPREP®



## INSTRUCTIONS prior to beginning preparation:

- If you are diabetic and taking pills, do not take them on the day of your appointment, prior to your procedure. If you have any questions, please call our nurse. If you take insulin, call your regular doctor and ask for instructions regarding your medication.
- **If you are on a blood thinner** such as **TICLID (ticlopidine)** we ask that you stop taking this medication **10 days prior to your procedure**. **EFFIENT (prasugrel) 7 days**. **COUMADIN (warfarin)**, **PLAVIX (clopidogrel)**, or **BRILINTA 5 days**. **PRADAXA (dabigatran)**, **ELIQUIS (apixaban)**, **XARELTO (rivaroxaban) 2 days** prior to your procedure. **You must** check with your prescribing doctor before stopping your medication.

**Discontinue any Erectile Dysfunction medication 24 hours prior to your procedure. These medications include but are not limited to Viagra, Cialis, Adcirca, Sildenafil, and Revatio.**

- If you are currently taking an aspirin daily, **DO NOT STOP TAKING YOUR ASPIRIN.**
- Arrange for a ride home with an adult following your procedure. You may **not** drive yourself as you will have had IV sedation for the procedure.
- Prepare a list of your medications, and how you take them, and bring with you to the facility.
- Have your prescription for the preparation filled.

**1. 7 Days prior to colonoscopy go to the pharmacy and purchase the following for prepping:**

- 100 mg tablets of ColaceTake 2 Colace tabs by mouth daily in the morning
- 119 gram bottle of Miralax-Mix 1 capful of Miralax into 8oz water every night, and drink
- One bottle of Milk of Magnesia (Magnesium Hydroxide) see instructions under day two

**2. Three days before your procedure YOU MUST AVOID fruits, vegetables, seeds, nuts and fiber supplements.**

**3. Two days before your procedure YOU ARE ON CLEAR LIQUIDS THE ENTIRE DAY (any liquid that you can see through that is not RED, BLUE or PURPLE)- NO SOLID FOOD**

Examples: fizzy or non-fizzy soft drinks, Kool-Aid® or other fruit flavored drinks, plain Jell-O® (no added fruits/toppings), Popsicle®, tea with no milk or creamer, water, Gatorade®, clear broth or bouillon. Choose one type or mix and match as many as you like. ***It is important to drink lots of fluids 2 days before your procedure as the preparation is very dehydrating.***

***Take 2 tablespoons (30cc) of Milk of Magnesia at dinner time.***

**4. The day before your procedure – Prepare Suprep solution as directed on bottle, and refrigerate. Maintain a clear liquid diet.**

- At 4pm, drink ½ of the bottle of Suprep

**5. The day of your procedure- nothing to eat or drink after midnight, except to finish your prep solution. Drink remaining ½ bottle of Suprep, you must be finished drinking your solution **5 hours** prior to check in time.**

- If you take medication in the morning for blood pressure, **YOU MUST TAKE PRIOR TO CHECK IN**

▪ **NOTHING else to EAT or DRINK**