

INSTRUCTIONS FOR COLONOSCOPY PREP

*** You will need to pick up the Prescription SUPREP from your pharmacy***

Consult with your Primary Care Physician if you are taking or have the following medical concerns:

Coumadin/Jantoven/warfarin: Stop it four (4) days before your colonoscopy **if approved by your physician prescribing this medication. Do not take this medication on the day of your procedure. Ask your physician when to resume this medication**
Plavix (clopidogrel)/Pradaxa/Pletal (cilostazol)/Effient and Eliquis; Stop it three (3) days before colonoscopy-**only if approved by prescribing physician**

Brilinta: Stop five (5) days before colonoscopy- **only if approved by prescribing physician**

Aggrenox: Stop three (3) days to five (5) days prior to colonoscopy- **only if approved by prescribing physician**

Xarelto/Savaysa: Stop 24 hours before colonoscopy- **only if approved by prescribing physician**

Iron pills: Stop for seven (7) days before colonoscopy

Dialysis Treatment: Alternate treatment may be used.

****Anti-Seizure Medication:** Take at least 2 hours before the scheduled colonoscopy with a small sip of water.

****Blood Pressure/Heart Medication:** take your morning dose at least 2 hours before your colonoscopy with a small sip of water.

Insulin: You may need to adjust your insulin dosages. Please speak with your monitoring physician for further instructions.

Ask your physician when to resume your insulin.

Inhalers: Please bring your "rescue" inhaler to your appointment, even if you have not needed to use it for some time.

Heart Valve Replacement/ Pacemaker with Internal Defibrillator

No tomatoes or corn 2 days prior to procedure

Day prior to procedure:

1. If you have been holding your Coumadin/Jantoven/Warfarin you will need a PT/INR (lab test) taken 24 hours prior to exam if requested by physician. **CLEAR LIQUIDS DIET ALL DAY – no milk or milk products**
2. At 5pm begin at Step 1 and continue through all four steps.
3. At 9pm repeat steps 1-3. Continue clear liquids till midnight.

CLEAR LIQUIDS:

- No red or purple liquids.
- Water, Jell-O, coffee or tea(no creamer), strained fruit juice without pulp, clear sodas(7-Up, Sprite, Ginger Ale, etc.), Ensure Vanilla, Broth or Bouillon, Popsicles (no red or purple).



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 hour

Day of procedure:

1. **Nothing by mouth after midnight except approved medications listed above**** with a sip of water. You may brush your teeth and rinse with water. **NO GUM, MINTS OR LOZENGES. NO CHEWING TOBACCO**
2. **You will be medicated and you need to bring someone with you to drive you home.**
3. Bring a current list of medications and colostomy supplies if applicable; if Menstruating please use a tampon if possible.

On the day of your procedure, report to the following unless otherwise instructed by your physician:

The Endoscopy Center of Topeka, 785-354-1254

2200 SW 6th Avenue, Suite 103

Topeka, KS 66606

Check-in Date: _____

Check-in Time: _____

KMC Gastroenterology, 785-354-8518

If you are unable to keep your appt, please notify the office within 48 hours prior to your scheduled procedure.