

INSTRUCTIONS FOR COLONOSCOPY PREP

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

Please follow written instructions below, DO NOT FOLLOW INSTRUCTIONS ON BOX

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

- Coumadin/Jantoven/warfarin:** Stop it five (5) 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 48 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

Check-in Date: _____

2200 SW 6th Avenue, Suite 103

Check-in Time: _____

Topeka, KS 66606

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.