

SUPREP SPLIT DOSE BOWEL PREP FOR COLONOSCOPY

Your procedure is scheduled for:

Date: _____ Place: _____

Arrival Time: _____ Procedure Time: _____

Physician: _____

Fill your prescription at the pharmacy. We also recommend purchasing simethicone ("Gas-X") over the counter. Capsules, liquid, or chewable tablets are all OK.

Three days before the procedure, begin a LOW RESIDUE DIET (see low residue diet instructions)

One Day Before the Procedure:

1. Do not eat anything solid. Follow the clear liquid diet instructions.
2. Drink only clear liquids (no red or purple dye.) Clear liquids include:

Clear liquids include water, black coffee, tea, apple juice, white grape juice, soda, Jell-O, popsicles, broth, and Gatorade or other sport drinks.

- DO NOT drink milk or non-dairy creamer.
- DO NOT eat or drink anything red or purple.
- DO NOT drink alcoholic beverages.

Evening Before Procedure at 5pm:

1. Take 2 Gas-X.
2. Pour one (1) six oz. bottle of Suprep liquid into the mixing container.
3. Add cool drinking water the 16 oz. line on the container and mix well.
4. Drink all the liquid in the container.
5. Drink two (2) more 16 oz. containers of water over the next hour.

Day of the Procedure

1. Do not eat.
2. You may drink clear liquids up to 2 hours before your procedure time.
3. Routine medications may be taken with a sip of water.
4. 4 hours before your scheduled procedure time, repeat steps 2-5 from the evening before using the other 6 ounce bottle of Suprep.

Important:

1. You will not be able to drive after your procedure. You will need a driver to stay during your procedure and to drive you home afterward.
2. Avoid iron supplements for 1 week before the procedure.
3. If you take aspirin for heart protection, DO NOT stop taking it.
4. If you normally take medication in the morning for high blood pressure or seizures, please take it as usual at least 2 hours before the procedure.
5. So that appropriate adjustments can be made, please notify your doctor at least one week before the procedure if you take warfarin (Coumadin), Plavix, Eliquis, Xarelto, Pradaxa, or other blood thinners.

Please call the office during regular business hours for any questions.

918-438-7050, M-Thurs 8:00am – 4:30pm, Friday 8:00am-3:00pm