



Suprep Split-Dose (2 day) Colon Prep

You are scheduled to have a colonoscopy on:

Arrival time: Test time:

Location:

Items needed: two 6 ounce bottles of Suprep (prescription)

ON THE DAY BEFORE YOUR PROCEDURE:

You will need to follow a Clear liquid Diet

Includes water, clear broth, soda, tea, coffee (without milk/creamer), clear juice (without pulp), Jell-O, popsicles and other flavored drinks. **AVOID PURPLE or RED COLORS .**

Begin prep anytime after 4:00pm

Step One- Pour one 6 ounce bottle 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

Step Four- IMPORTANT- You MUST drink two more 16 ounces of water over the next hour.

ON THE MORNING OF YOUR PROCEDURE:

You must be NPO (nothing by mouth) a minimum of 4-5 hours prior to your sedation or your test will be rescheduled.

Repeat steps 1 through 4 using the other 6 ounce bottle. Begin early in the am so you can finish well before the 4-5 hour restriction.

You may take your heart/blood pressure/breathing medication with a small sip of water the morning of the procedure. If you are diabetic, the day before, take 1/2 your dose of medication. No insulin or oral medication the morning of the test. Aspirin and Plavix need to be stopped the morning of your exam. Coumadin needs to be stopped **3 days prior to the exam. Please call the physician who

prescribed this medication for approval to hold. Iron medication should be held **7 days prior**. **NO DRIVING** due to sedation, you **MUST** have a driver.