

SuPrep Preparation for Colonoscopy

Name _____ Date _____ Arrival Time _____

Dr. _____ Location: _____

- **DO NOT TAKE PHENTERMINE FOR 7 DAYS DAYS BEFORE YOUR PROCEDURE**
- **DO NOT TAKE IRON FOR 5 DAYS BEFORE YOUR PROCEDURE**
- **IF YOU TAKE ASPIRIN DAILY, DO NOT STOP IT BEFORE YOUR PROCEDURE**
- **DO NOT SMOKE ON THE DAY OF YOUR PROCEDURE, INCLUDING SMOKING TOBACCO, ELECTRONIC CIGARETTES, MARIJUANA, CIGARS, AND/OR PIPES**

Special Medication Instructions: _____

On the day before your colonoscopy: (as soon as you wake up):

1. Begin a clear liquid diet.

On your clear liquid diet you may have:

<i>Coffee (no cream)</i>	<i>Water</i>
<i>Tea</i>	<i>Jell-O (not red or purple)</i>
<i>Clear fruit juice (apple/white grape)</i>	<i>Gatorade (not red or purple)</i>
<i>Soft drinks (not red or purple)</i>	<i>Lemonade (no pulp)</i>
<i>Popsicles (not red or purple)</i>	<i>Clear broth (chicken or beef)</i>

2. At 5:00pm, pour the contents of one bottle of SuPrep Bowel Prep into the mixing container provided. Fill the container with water to the 16 oz. fill line and drink the entire amount.
3. Drink two additional 16 oz. containers of water over the next hour (32 oz. total).

On the day of your colonoscopy:

1. At least **4** hours before your arrival time, pour the contents of the second bottle of SuPrep Bowel Prep into the container provided. Fill the container with water to the 16 oz. fill line and drink the entire amount.
2. Drink two additional 16 oz. containers of water over the next hour (32 oz. total).
3. You can go ahead and take your usual morning medicines as well unless you have been instructed otherwise by the nurse or scheduler.

- **DO NOT DRINK ANY LIQUIDS FOR AT LEAST 2 FULL HOURS BEFORE YOUR ARRIVAL TIME**
- **YOUR DRIVER MUST STAY AT THE CENTER FOR YOUR ENTIRE APPOINTMENT**

Call nursing at (919)791-2040 with any questions.