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Instructions for Suprep Colonoscopy Prep

After careful medical assessment, your doctor has recommended that you have a colonoscopy. To prepare for the procedure, it is important to “clean out” your colon as completely as possible.

***Do not take any type of Aspirin or Aspirin-like medications, anti-inflammatories, Coumadin, Ticlid, Plavix, NSAIDS, and Vitamin E for 10 days prior to your procedure (please refer to the discontinuation requirement for “Blood Thinners” list). Tylenol is safe to take.**

AVOID SEEDS, NUTS AND WHOLE GRAINS 2 DAYS BEFORE THE COLONOSCOPY

You will need to obtain the following at your local pharmacy:

- Suprep Bowel Prep (prescription)

The **DAY BEFORE** your procedure:

1. **Begin a clear liquid diet (see list below).** Be sure to drink plenty of fluids throughout the day, at least eight (8 oz) glasses of fluids for a total of 64 oz.
2. In the morning, prepare your Suprep solution according to the instructions and refrigerate.
3. **Have a clear liquid breakfast and lunch.**
4. **At 6pm begin drinking Suprep as instructed.** Follow with at least two(2)-16 ounces of clear liquid or water.
5. Repeat the steps for the second dose: prepare the Suprep solution, refrigerate and **take the 2nd dose at 10pm.** Follow with at least two(2) additional-16 ounces of clear liquid or water.

The **DAY OF YOUR PROCEDURE:**

1. Nothing by mouth after midnight until after your procedure (except for medications). You may drink only water up to 4 hours before your procedure.
2. Please take only blood pressure and heart medications with a sip of water before leaving home. If you are uncertain which medications to take, bring them with you to the facility or call the facility.

Please note that it is required that you have an adult driver to take you home after your procedure.

CLEAR LIQUIDS ALLOWED

Clear broth (no noodles or rice)	Tang or Kool-Aid	Popsicles
Coffee or tea (no milk or cream)	Hi C Juices	Water
Strained fruit juices (no pulp)	Gatorade	Ice
Jell-O (no red or purple)	Soft Drinks	Hard Candy

CLEAR LIQUIDS NOT ALLOWED

Absolutely no red or purple liquids	No milk products	No Alcohol
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FOLLOW THE ABOVE INSTRUCTIONS TO ENSURE YOUR COLON IS AS CLEAN AS POSSIBLE, AND TO AVOID HAVING YOUR PROCEDURE CANCELLED OR REPEATED.

QUESTIONS about the Prep

Send a message to us by clicking the link: [PATIENT PORTAL](#). Select “Using Mobile Phone” for easier access to the portal.