

# Colon and Digestive Health Specialist, LLC

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## Suprep Colonoscopy Prep Instructions

Name \_\_\_\_\_ Procedure: Colonoscopy

Appointment Date: \_\_\_\_\_ Time: \_\_\_\_\_

Please report to 1805 Honey Creek Commons, Conyers, GA 30013.

You will need a ride TO and FROM the Endoscopy Center. Driver must be 18 years of age or older and must be able to stay the entire duration of the procedure.

You will need to purchase: 4 tablets of Bisacodyl (5 mg each) - Brand name: Dulcolax 5 mg

**\*\* 5 Days before the procedure, avoid raw fruits and vegetables (cooked vegetables are okay). \*\***

**\*\* 3 Days before the procedure eat normal but eat LIGHTER (no fast food, no fried food, no red meat). \*\***

After 2:00 pm, 2 days BEFORE the procedure:

- No SOLID foods, drink ONLY clear liquids for all of your meals.
  - Clear liquids allowed are water, bouillon, chicken broth, black coffee, Gatorade, Jell-O, Kool Aid, strained (pulp-free) fruit juices (NO SMOOTHIES) and clear carbonated drinks.
  - For list above: No red or purple dye and no dairy products
1. At 4:00 PM the day before procedure, take two tablets of Bisacodyl (Dulcolax, 5mg)
  2. At 5:00 PM the day before:
    - Step 1: Pour one SUPREP bottle into mixing container
    - Step 2: Add water to the 16-ounce line on the container and mix
    - Step 3: Drink ALL the liquid in the container
    - Step 4: Drink 2 more 16-ounce containers of water over the next hour

**\*\* DO NOT DRINK OR EAT ANYTHING OTHER THAN PREP SOLUTION AFTER MIDNIGHT \*\***

On the MORNING OF the procedure:

3. At midnight take two tablets of Bisacodyl (Dulcolax, 5mg)
4. At 1:00 AM repeat Steps 1 through 4 above. Finish this by 2:00 AM.

Medication Restrictions:

- No blood thinners like Coumadin, Warfarin, Aspirin or Ibuprofen for 3 days prior to procedure, unless told to continue.
- No Phentermine for 2 weeks prior to procedure.
- Please continue to take any Beta Blockers & blood pressure medicines with small sip of water 2 hours prior to procedure time.
- Diabetics: Take ½ of usual dose of insulin day before procedure and NONE on the morning of procedure. Do not take any oral diabetic medication the day before appointment or the morning of. Check sugar every 6 hours-if less than 75 drink a glass of apple juice, if more than 250 please call our office.

**\*\* If there is any nausea, vomiting, shortness of breath, chest pain, severe headache, or excessive sweating please stop taking the prep and call the office. \*\***