

GI Medicine Associates
Preparation Instructions for Colonoscopy - SUPREP

5 days before your Colonoscopy	2 days before your Colonoscopy	The day before your Colonoscopy	The day of your Colonoscopy
<p>Read all prep instructions.</p> <p>No aspirin or aspirin-like products (Motrin, Aleve, etc.) 5 days prior to the test. Tylenol or Extra Strength Tylenol is okay to use.</p>		<p style="text-align: center;">NO SOLID FOOD NO ALCOHOL</p> <p>Clear liquids ALL DAY - Avoid anything red or purple in color. No dairy products or non-dairy creamer, this includes Ensure.</p> <p>*Clear broth (i.e. chicken, beef, vegetable) *Water</p> <p>*Pop (including Pepsi, Coke, Vernors, etc.)</p> <p>*Popsicles or Fruit Ices *Gatorade</p> <p>*Coffee or Tea (sugar or substitute is OK, NO cream)</p> <p>*Jello *Fruit Juices (pulp free only, i.e. orange, apple)</p>	<p>NO SOLID FOOD</p> <p>NO ALCOHOL</p> <p>• Please take only _____</p> <p>_____</p> <p>_____</p> <p>the morning of the test.</p>
<p>Contact prescribing physician for instructions on Insulin and diabetic medications.</p>	<p>Obtain bowel prep products from your pharmacy. SUPREP is available by prescription only.</p>	<ul style="list-style-type: none"> • 5PM Pour the contents of one bottle of SUPREP Bowel Prep Kit into the mixing container provided. Fill the container with water to the 16oz fill line, and drink the entire amount. If preferred, mix solution ahead of time and refrigerate. The reconstituted solution should be used within 24 hours. • Drink two additional containers filled to the 16oz line with water over the next hour. • You are encouraged to continue to drink clear liquids until you go to bed. 	<ul style="list-style-type: none"> • 5 - 6 hours before the time your procedure is scheduled, pour the contents of the last bottle of SUPREP Bowel Prep Kit into the mixing container provided. Fill the container with water to the 16oz fill line, and drink the entire amount. If preferred, mix solution ahead of time and refrigerate. The reconstituted solution should be used within 24 hours. • Drink two additional containers filled to the 16oz line with water over the next hour. • You should complete your preparation at least 4 hours prior to the time your procedure is scheduled. • Have nothing to drink for 4 hours before your procedure.
<p>Discontinue the following medications</p> <p>_____</p> <p>_____</p>	<p>Stop iron supplements 2 days before your test.</p>		<p>After the procedure you may eat your usual diet unless otherwise instructed. Drink 8 ounces of liquid at least 6 times after the procedure and before retiring for the night.</p>
<p>Arrange for a driver for your procedure.</p>	<p>Confirm that you have a driver to take you home after your procedure.</p>	<p>You may apply a petroleum based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools.</p>	<p>Your driver must remain in the waiting room during your procedure.</p>
<p>SPECIAL INSTRUCTIONS: _____</p>			
<p>If you are passing clear liquid you must still take the entire dose the day before the exam.</p>			
<p>If you think the prep is not working, call the Answering Service at 586-693-3876.</p>			