

Suprep Bowel Preparation Instructions

Bowel preparation before a colonoscopy actually starts days before, when you should stop taking certain medications or supplements. You need to follow the SUPREP instructions and be prepared to drink a lot of liquid.

Key instructions

- Your bowel must be empty so that your doctor can clearly view your colon. Follow all of the instructions in this handout **EXACTLY** as they are written.
- DO NOT eat any solid food the ENTIRE day before your colonoscopy. Drink only clear liquids.
- Buy your bowel preparation at least **five days** before your colonoscopy.

Transportation on the day of your exam

A responsible person MUST BE PRESENT with you at Check In before your colonoscopy and MUST REMAIN in the endoscopy area until you are discharged. You are not allowed to drive, take a taxi or bus, or leave the Endoscopy Center alone. **If you do not have a responsible driver (family member or friend) with you to take you home, your exam cannot be done with sedation and will be cancelled.**

Please bring a list of all of your current medications, including any over-the-counter medications, with you.

Medications

If you take insulin, diabetic medications or blood thinners, you **must** call the doctor who orders those medications for instructions on altering the dosage

before your colonoscopy. Blood thinners include Coumadin® (warfarin); Plavix®(clopidogrel); Ticlid® (ticlopidine hydrochloride); Agrylin® (anagrelide); Xarelto® (Rivaroxaban); Pradaxa® (Dabigatran); Eliquis® (Apixaban); and Effient® (Prasugrel).

All other medications, including aspirin, should be taken the day of the exam with a sip of water.

Five (5) days before your colonoscopy

- Do **NOT** take medicines that stop diarrhea, such as loperamide (Imodium®) or bismuth subsalicylate (Kaopectate®, Pepto-Bismol®).
- Do **NOT** take fiber supplements, such as Metamucil®, Citrucel®, or Perdiem®.
- Do **NOT** take products that contain iron, such as multivitamins (the label lists what is in the products).
- Do **NOT** take Vitamin E.

Buy the prescription bowel preparation solution at your local pharmacy or drugstore pharmacy five days before your colonoscopy.

Three days before your colonoscopy

- Do **NOT** eat high-fiber foods, such as popcorn, beans, seeds (flax, sunflower, quinoa), multigrain bread, nuts, salad/vegetables, or fresh and dried fruit.

One day before your colonoscopy

- **Only drink clear liquids the ENTIRE DAY before your colonoscopy. Do NOT eat any solid foods.** Drink at least **8 ounces** of clear liquids every hour after waking up. The chart shows what you can and cannot drink.