Suprep Colonoscopy Preparation

Your procedure is scheduled at:  
___Chandler Endoscopy Center (2095 W Pecos Rd, Bldg A-1)  
___Premier Endoscopy Center (2563 S Val Vista Dr, Ste #101)  
___Chandler Regional Hospital (1955 W Frye Rd)  
___Mercy Gilbert Medical Center (3555 S Val Vista Dr)

Your colonoscopy has been scheduled on: _________________________________

Please check in for your appointment at: ____________________________

ITEMS TO PURCHASE PRIOR TO PROCEDURE (Prescription needed)
* SUPREP (Prescription will be given by the doctor)

MEDICATION AND DIET INSTRUCTIONS

7 days prior to the procedure:
1. PLEASE DISCONTINUE all blood thinning and anti-inflammatory medications. This includes, but not limited to, Coumadin, Plavix, Iron supplements, Multi-Vitamins (Vitamin E) and Fish oil. Also discontinue any NSAID’s (nonsteroidal anti-inflammatory drugs) such as, but not limited to, aspirin, aspirin type products, Ibuprofen, Aleve, Advil, etc. **TYLENOL MAY BE TAKEN**
2. If you have been prescribed any of the medications listed above please consult with your prescribing doctor before discontinuing.
3. If you are diabetic, check with your primary care doctor regarding diet and medication instructions.

3 days prior to the procedure:
1. AVOID- Corn, Nuts, Popcorn and Foods with seeds
2. Drink plenty of liquids to be well hydrated. This will be very helpful for the tolerance of the colonoscopy prep.

Attached you will find a list of the clear liquids that are permitted while on this diet. Deviating from this diet will prevent adequate preparation of the colon for the exam.
You will need to be close to a bathroom. You will have progressively looser bowel movements over the next several hours. Individual responses to laxatives vary. This preparation will cause multiple bowel movements.
Consider using Vaseline, Aquaphor or diaper rash cream/zinc oxide around the anal opening before starting the prep and after each bowel movement to minimize irritation from passing many bowel movements
DAY BEFORE THE PROCEDURE:  
SUN MON TUES WED THUR FRI SAT  
Do not drink alcohol

1. Breakfast: No dairy products and no fried meats. 2 pieces of toast or 1 bagel and a banana with a beverage (Juice with Pulp not permitted). Begin clear liquid diet and continue throughout the day.
2. 5:00 pm-begin drinking the Suprep solution. The Suprep contains one container and two bottles of solution. Please follow the steps below:

**STEP 1:** Pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container.

![STEP 1](image1)

**STEP 2:** Add cool drinking water to the 16-ounce line on the container and mix.

![STEP 2](image2)

**STEP 3:** Drink ALL the liquid in the container.

![STEP 3](image3)

**STEP 4:** You must drink two (2) more 16-ounce containers of water over the next (1) hour.

![STEP 4](image4)

DAY OF THE PROCEDURE:  
SUN MON TUES WED THUR FRI SAT

1. ________ – Please repeat STEPS 1-4 (6 hours before the procedure)
2. You may drink clear liquids until 4 hours before the procedure.
3. Take you usual blood pressure and heart medicines 6 hours before your appointment with water.
4. If you have asthma, please bring you inhalers with you.

**Please note:** Your procedure will take approximately two hours. You must have your driver check in with you and stay at the Endoscopy Center throughout your procedure. Your driver must then drive you home.
CLEAR LIQUID DIET
DAY BEFORE PROCEDURE
Only items on this list are permitted

BEVERAGES:
- Coffee (no cream)
- Tea  (no cream)
- 7UP
- Sprite
- Ginger Ale
- White Grape Juice
- Water
- Apple Juice
- Lemon-Lime Gatorade
- Lemon-Lime Crystal Light

SOUPS:
- Bouillon
- Clear Broth

SWEETS & DESSERTS:
- Honey
- Sugar
- Clear Popsicles
- Butterscotch Candy
- Jello (Plain, Lemon-Lime, or Pineapple)
- Hard Candy (Green, Yellow, or Clear)
- Jolly Ranchers (Green or Yellow)

NO SOLID FOODS    CLEAR LIQUIDS ONLY
STAY AWAY FROM RED, PURPLE, BLUE, AND ORANGE DYES

IMPORTANT

You must not have anything by mouth
6 hours prior to the procedure.
Otherwise this will result in postponement.

NO MEDICATION, WATER, GUM OR JUICE