

# Colonoscopy Instructions

## Suprep Preparation

### 7 DAYS BEFORE THE TEST

- **DO NOT TAKE:** Nonsteroidal anti-inflammatory medications, these include Ibuprofen, Motrin, Advil, Naproxen, Aleve, Naprosyn, Meloxicam, and many others
- You may take Tylenol (which is acetaminophen) for pain
- Some medical conditions require you to stay on Aspirin. Do not stop Aspirin until you speak with your healthcare provider.



### 3 DAYS BEFORE THE TEST

Stop eating high fiber foods such as corn, beans, seeds, nuts, whole grain breads, or fruit skins (pear, apple, etc.)



### 2 DAYS BEFORE THE TEST

- Have a light dinner no later than 7 PM

### 1 DAY BEFORE THE TEST

- **Begin a clear liquid diet – a clear liquid means you can see through it. No solid food for the entire day**

Clear Liquids	Not Clear Liquids
Water, Gatorade, Powerade, or Pedialyte	No red or purple items
Black coffee or tea (no milk, cream)	No alcohol
Clear broth	No milk, cream, other dairy products
Ginger ale or Sprite	No noodles, rice, or vegetables in soup
Apple juice	No juice with pulp
Jell-o, popsicles	No liquid you cannot see through

## 1 DAY BEFORE THE TEST - continued

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The recommended Split-Dose (two-day) regimen for adults consists of two 6-ounce doses of SUPREP Bowel Prep Kit: the **first dose** during the **evening prior to colonoscopy** and the **second dose** the **next day**, during the morning of the colonoscopy.

Each dose consists of one bottle of SUPREP Bowel Prep Kit with additional water. The total volume of liquid required for colon cleansing (using two bottles) is 3 quarts.

- **Dose 1 – In the evening before the procedure, pour the contents of one bottle of SUPREP Bowel Prep Kit into the mixing container provided. Add cool drinking water to the 16-ounce fill line on the container, mix, and drink the entire amount.**
- **Drink two additional containers filled with water to the 16-ounce fill line over the next hour.**

## DAY OF THE COLONOSCOPY

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- **Dose 2 - In the morning (10 to 12 hours after the evening dose) on the day of the procedure, pour the contents of the second bottle of SUPREP Bowel Prep Kit into the mixing container provided. Add cool drinking water to the 16-ounce fill line on the container, mix, and drink the entire amount.**
- **Drink two additional containers filled with water to the 16-ounce fill line over the next hour. Complete all solution of SUPREP Bowel Prep Kit and required water at least three hours prior to colonoscopy.**
- The morning of the test, you can take your other medications at the usual time with **only a sip of water**. These include blood pressure pills, seizure medications, heart medications, thyroid medications, etc.

**Do not** take pills for diabetes. If you have diabetes, please follow the colonoscopy preparation for people with diabetes handout.

- **Do not drink anything for 3 hours before the test.**