



Colonoscopy Suprep Bowel Preparation

PLEASE READ AND FOLLOW ALL INSTRUCTIONS CAREFULLY

Colonoscopy Preparation:

Your physician will need to provide a prescription to purchase SUPREP preparation from your pharmacy and will ask that you purchase 2 over-the-counter GasEx pills (simethicone), each pill is 125 mg.

A high-quality colonoscopy requires a well cleaned colon. You will have to take a medicine that will make you have a lot of diarrhea. Please follow the instructions carefully and exactly as they are written so your colon is well cleaned, and you do not get dehydrated. Sometimes, even if you do everything right, your colon might not be clean enough, and the doctor might have to reschedule the procedure. Your doctor will give you advice that is best for your digestive system.

The day before the procedure:

You may eat a small low residue breakfast, such as eggs and white toast. It must be completed by 9 am. ***Avoid any seeds, nuts, raisins, fruit and dairy products*** No more solid food. The remainder of the day you may have any clear liquids such as water, juices, tea, coffee, soda, non-red sports drinks, and non-red Jell-O. Do not consume anything red or purple colored.

Avoid illicit substances 24 hours prior to the procedure and no alcohol or marijuana products for 12 hours prior. All patients will be assessed for signs of impairment on the day of the procedure and if there is any concern, the procedure will be cancelled.

At 5 PM, begin the first half of the preparation:

- A. Pour ONE 6-ounce bottle of SUPREP liquid into the 16 oz mixing container in the kit.
- B. Add cool drinking water to the 16-ounce line on the container, and mix.
- C. Drink all the liquid in the container.
- D. You must drink at least TWO more 16 oz. containers of water over the next 1 hour, followed by copious clear liquids throughout the remainder of the evening.

The time to onset of action of the first dose of laxatives is very variable. It may not start for hours.

On the day of the procedure:

Approximately 5 hours prior to your scheduled arrival time, complete the second half of the preparation:

- A. Pour ONE 6-ounce bottle of SUPREP liquid into the 16 oz mixing container in the kit.
- B. Add cool drinking water to the 16-ounce line on the container, and mix.
- C. Drink all the liquid in the container.
- D. You must drink at least TWO more 16 oz. containers of water over the next 1 hour, followed by additional clear liquids up until 3 hours prior to the procedure time.
- E. Take 2 pills of GasEx (simethicone), each pill is 125 mg after your second dose of SUPREP.

You must stop drinking 3 hours before the procedure. If you have anything by mouth, including gum, in the three hours before the procedure, the procedure may be rescheduled.

If you take heart or blood pressure medications, take your pills three hours before the procedure with water (unless advised differently by your doctor).

Note: Please leave all jewelry and valuables at home. Optum Medical is not responsible for the loss of any patient's property. Do not wear contact lenses.