

# SUPREP Split Dose INSTRUCTIONS

## Two Weeks before your exam

If you are taking Warfarin (Coumadin, Jantoven), Plavix (clopidigrel) Aspirin, Xarelto, Brilinta, Pradaxa, Eliquis, Effient, Lovenox or other blood thinners, consult with your prescribing physician to discuss the management of these medications at **least 2 weeks before your colonoscopy. DO NOT STOP** these medications without the consent of your physician.

## Five to Seven days before your exam

Stop taking non-steroidal anti-inflammatory drugs (i.e. Ibuprofen, Advil, Motrin, and Aleve) 5-7 days prior to your exam.

## Three Days before your exam

- Fill your prescription for SUPREP

**PLEASE FOLLOW THESE PREP INSTRUCTIONS. DO NOT FOLLOW PACKAGE INSTRUCTIONS.**

## Two Days before your exam

- Drink at least 8 glasses of water during the day and stop eating solid foods no later than midnight

## One Day before your exam

**No solid food for the entire day.**

**Clear Liquids only – breakfast, lunch and dinner. Drink at least 8 glasses of water to avoid dehydration.**

Allowed Clear liquids	Non-Clear liquids NOT ALLOWED
Gatorade, Pedialyte or PowerAde	Red or purple items of any kind
Coffee, tea (no milk or non-dairy creamer)	Alcohol
Carbonated and non-carbonated soft drinks	Milk or non-dairy creamer
Kool-Aid or other fruit flavored drinks	Juice with pulp
Apple juice, white cranberry or white grape juice	Hard candy, gum
Jell-O, popsicles	Any liquid you cannot see through
Strained chicken, beef or vegetable broth	

**At 5:00pm** pour one (1) 6oz. bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16 oz line on the container and mix. Drink all the liquid in the container. You must drink two (2) more 16oz. containers of water over the next one (1) hour. Continue drinking **clear liquids** throughout the night.

## Morning of your exam

**Six hours before your exam, pour one (1) 6 oz. bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16 oz. line on the container and mix. Drink all the liquids in the container.** You must drink two (2) more 16 oz. containers of water over the next one hour and be sure to finish the prep at least 4 hours before the exam.  
**Four hours before the exam, stop drinking all clear liquids.**

- **DAILY MEDICATIONS**

If you take medication for high blood pressure, seizures, asthma, thyroid disease, irregular heart beat or prednisone, you **must take your medications BEFORE 5 am.**

**NOTHING BY MOUTH FOUR HOURS PRIOR TO YOUR PROCEDURE. No gum, candy or mints. Refrain from smoking the day of your exam.**

*Verbal instructions and copy given to patient*

Date: \_\_\_\_\_ Name: \_\_\_\_\_