

INSTRUCTIONS for COLONOSCOPY SUPREP SPLIT PREPARATION

MEDICATIONS:

- **Take your ESSENTIAL prescription medications.**
- **You do not have to stop your ASPIRIN (ASA), VITAMINS or NSAID's (i.e. Advil, Motrin, Ibuprofen, etc.)**
- **One week prior to procedure, please STOP IRON PILLS/IRON SUPPLEMENTS**
- **If you take Coumadin, Plavix or other blood thinners, please contact your primary doctor for specific instructions on usage before, during and after your procedure.**

YOU WILL NEED TO PURCHASE:

- SUPREP KIT – PRESCRIPTION

DAY BEFORE COLONOSCOPY

DATE: _____

DIET:

- CLEAR LIQUIDS ONLY
- DO NOT EAT ANY SOLID FOODS ALL DAY

CLEAR LIQUIDS INCLUDE:

- Water, Kool-Aid or Flavored Drinks
- Fruit juices w/o pulp – apple, white grape/cranberry, pineapple
- Clear broth or bouillon (chicken, beef or vegetable flavor)
- Black coffee (decaf/regular) or tea w/o milk or creamer
- Sugar, artificial sugar, honey
- Soda (regular or diet), Gatorade
- Jell-O (green, yellow and orange flavor ONLY)
- Popsicles or Italian Ice, Hard Candy

DO NOT DRINK RED, BLUE OR PURPLE LIQUIDS

SUPREP SOLUTION

- Pour One (1) 6-ounce bottle of SUPREP liquid into the mixing container and add cool drinking water to the 16oz line on the container and mix.
- Starting at 5:00 pm, drink ALL the liquid in the container.
- You must drink two (2) more 16oz containers of water or any clear liquid listed on your left lower side over the next one (1) hour.
- **IF YOU'RE HAVING A PROBLEM WITH YOUR COLONOSCOPY PREPARATION AFTER HOURS, PLEASE CALL OUR MAIN LINE AT (703) 698-8960 AND THE ANSWERING SERVICE WILL CALL THE ON CALL DOCTOR FOR YOU.**

**REMEMBER TO STAY CLOSE TO TOILET FACILITIES,
AS THE LAXATIVE WILL WORK QUITE SUDDENLY.**

DAY OF COLONOSCOPY (PREP CONTINUED)

DATE: _____ TIME: _____ AM

- **5 HOURS PRIOR** to your procedure time, you must start drinking the second half of the Suprep. Drink ALL the liquid in the container and then drink at least two (2) 16oz of clear liquids over the next one (1) hour.
- **DO NOT HAVE ANYTHING TO DRINK FOUR HOURS PRIOR TO YOUR PROCEDURE TIME.**
- **YOU SHOULD TAKE YOUR BLOOD PRESSURE MEDICATION THE MORNING OF YOUR PROCEDURE WITH A SIP OF WATER.**
- Your driver must accompany you to your procedure and stay until the procedure is completed and you are ready to leave. **NO TAXI CABS ARE ALLOWED.** Do not drive an automobile, operate machinery or drink alcohol for 12 hours after the procedure due to sedation effects of the medications used.
- Leave all valuables including jewelry at home. GANV is not responsible for lost, stolen or missing items.