

## COLONOSCOPY SUPREP PREP INSTRUCTIONS

Date of Procedure \_\_\_\_\_

- Grants Pass Surgery Center       Asante Three Rivers Medical Center

### **ONE WEEK PRIOR TO PROCEDURE** (starting \_\_\_\_\_)

- Please ensure you have a responsible adult to take you home after your colonoscopy.
- Fill your Rx for SuPrep at your pharmacy
- Stock up on additional clear liquids (see attached list).
- Optional: Vaseline, A&D ointment, or Desitin to prevent skin irritation around the anus when prepping.
- For an easier prep, start a low-residue diet today. (See attached.)

### **ONE DAY BEFORE** ( \_\_\_\_\_ ) You'll be notified of the exact time for your colonoscopy.\*

- Eat a low-residue breakfast and lunch.
- The more liquids, the better. Try to drink 8 oz. every hour today.
- Clear liquids *only* after 3 p.m.
- Diabetics: please do not take Metformin today.
- 6 pm: Drink first dose of SuPrep.** (6 oz. of SuPrep + cold water up the 16 oz line. Stir, drink. Follow with two more 16 oz. containers of water or another clear liquid in the next hour.
- Drink as much water or other clear liquids as possible until bedtime.
- Bowel movements start within 2–3 hours and may last 4–5 hours. If temporary nausea or bloating occur, wait 15–30 minutes for these symptoms to pass before drinking more.

### **DAY OF PROCEDURE** ( \_\_\_\_\_ )

(\*You will be notified of the exact time one day prior. Please calculate the times below accordingly. Also, please call before 4:30 p.m. on the day prior if you have not heard about your exact colonoscopy time.\*)

#### **6 hours before**

(If you have a morning colonoscopy, you may need to get up VERY early in the morning to drink this.)

**Drink second dose of SuPrep.** (6 oz. of SuPrep + cold water up the 16 oz. line. Stir, drink. Follow with two more 16 oz. containers of water or another clear liquid in the next hour.)

#### **4 hours before**

- Nothing more to eat or drink.
- Only critical medications (if instructed) can be taken with a sip of water. Other medications can wait until after the procedure.
- Diabetics: Please do not take insulin, diabetic pills, or Metformin on colonoscopy day.
- See you soon!

**\*\*A clean colon is the key to a successful colonoscopy.\*\***