



WHAT TO DO BEFORE YOU HAVE A COLONOSCOPY

SUPREP INSTRUCTIONS STEP-BY-STEP

You will need to buy/pickup:

- SUPREP laxative solution from your pharmacy.
- Items for a clear liquid diet as described

WHEN	WHAT YOU NEED TO DO	DETAILS
At least 7 days before your procedure	<ul style="list-style-type: none"> • Watch the online Colonoscopy video 	<ul style="list-style-type: none"> • Log onto lluh.org/giprep • Select GI Lab link on the right side of the page • Click the Colonoscopy Video link
	<ul style="list-style-type: none"> • Arrange for someone to drive you to and from your procedure (Required for sedation) • Check which medicines you may need to stop especially if you are taking any blood thinning medications like Coumadin, Plavix, Lovenox. 	<ul style="list-style-type: none"> • The person who is escorting and driving you must stay in the building during the entire length of your procedure • If you have diabetes, see additional instructions
2 Days before your procedure		
During the day	<ul style="list-style-type: none"> • You can continue to eat as you normally would, but try to avoid food that are high in fiber 	<ul style="list-style-type: none"> • Examples of high fiber foods: salads, green vegetables, brown rice, whole grain bread, brown pasta, beans, seeds, and nuts.
At dinner	<ul style="list-style-type: none"> • This dinner will be the last time you are able to eat solid food before your procedure. 	<ul style="list-style-type: none"> • Eat a small dinner by 9 p.m.
1 Day before your procedure		
During the day	<ul style="list-style-type: none"> • When you wake up, start drinking ONLY clear liquids • Drink 8 ounces of clear liquid for every hour that you are awake 	<ul style="list-style-type: none"> • Do NOT eat any food • Clear liquid only, see list of clear liquids • Do NOT drink alcohol
6 p.m. – Take 1st dose	<ul style="list-style-type: none"> • Pour 1-6oz bottle of SUPREP into the disposable container. • Add water to the fill line and mix. • Drink ALL the liquid in the container. • Drink 32 oz. of water or the clear liquid of your choice over the next 1 hour. 	<ul style="list-style-type: none"> • You can mix the solution ahead of time and refrigerate prior to drinking. Solution should be used within 24 hours. • Drinking the extra 32 oz. of clear liquids after the SUPREP solution is necessary to ensure adequate hydration and an effective prep. • If you feel bloated or nauseated, increase the time interval between glasses by 5-10 minutes.
Evening	<ul style="list-style-type: none"> • Continue to only drink clear liquids until bedtime 	<ul style="list-style-type: none"> • You may need to use the bathroom during the night



WHEN	WHAT YOU NEED TO DO	DETAILS
Day of your procedure		
In the morning – Take 2nd Dose	<ul style="list-style-type: none"> For the 2nd dose, repeat the same steps by mixing the 2nd bottle of SUPREP with water in the disposable container. Remember to drink an additional 32 oz. of clear liquids after the prep solution to ensure an effective prep. You can take your allowed medication on the day of your procedure with small sips of water You must stop drinking ALL liquids including the prep solution at least 3 hours prior to your procedure 	<ul style="list-style-type: none"> The 2nd dose of prep and the additional 32 oz. of clear liquids should take about 1-2 hours to drink. You must finish this at least 3 hours prior to your procedure. You cannot drink ANYTHING within 3 hours of your procedure

How do I know if my prep is working?

Look at these examples of stool colors. You want your stool to be clear.

- After drinking all of your prep, your bowel movements should be all liquid yellow and clear like picture #4 or #5. If so, you are ready and good to go!
- However, if your bowel movements are still solid or look like pictures #1, #2, or #3, you are probably not prepped adequately enough and will need to cancel your procedure.

