

SUPREP Split Dose Colonoscopy Instructions

(Sodium sulfate, potassium sulfate and magnesium sulfate) oral solution

One Week Before the Procedure:

1. Arrange to have a ride home from your procedure. You will receive conscious sedation during your procedure and you will not be able to drive the rest of the day. For your own safety you will not be discharged from the Endoscopy Center of Brookline unless a responsible adult, over the age of 18, is present to take you home. The person can drive you or accompany you in a taxi or public transportation.
2. Fill your prescription at the pharmacy for SUPREP.
3. If you take **Coumadin** or **Plavix**, please contact your Doctor for instructions. You may need to stop using these medications for 5-7 days before your procedure.
4. If you have **Sleep Apnea** and use a CPAP machine at night, please bring it with you on the day of your procedure.

The Day Before Your Procedure:

- You may eat a light breakfast up until 10am only. Examples of a light breakfast include: coffee, eggs, low fiber cereal (like rice krispies), white bread, juice.
- PLEASE AVOID drinking anything **red** or **purple**, any milk or dairy products, and alcoholic beverages.
- After breakfast you may **only drink clear liquids**. No solids are permitted for the remainder of the day. Examples of clear liquids include:

Water	Sports drinks (ie Gatorade)	Fruit juices with no pulp (no Orange Juice)
Coffee/Tea Iced or hot Black only	Jell-O (no fruit)	Sorbet (not Sherbet) no milk Or fruit
Popsicles/Italian Ice	Chicken/beef or vegetable broth	Strained clear soup

In the Evening before your Colonoscopy:

- At _____pm pour the contents of one bottle of SUPREP Bowel Prep kit into the mixing container provided. Fill the container with **WATER** to 16 oz fill line, and drink the entire amount.
- Drink two additional containers filled to the 16 oz line with water over the next hour.

Day of Colonoscopy:

- Continue with **ONLY CLEAR LIQUIDS**. At _____am pour the contents of the second bottle of the SUPREP Bowel Prep Kit into the mixing kit provided. Fill the container with **WATER** to the 16 oz fill line, and drink the entire amount.
- Drink two additional containers filled to the 16 oz line with water over the next hour.
- Complete the SUPREP and the required water at least **2 hrs prior to your procedure**.

If you are DIABETIC Please Read the Following Instruction:

- IF YOU TAKE INSULIN, reduce the dose by 50%
- IF YOU TAKE PILLS, one the day of your procedure do not take diabetes medicine until the procedure is over.
- You may resume your normal diet after your procedure unless your discharge instructions indicate otherwise.

If you take Medications Regularly:

- Motrin, Advil, Aspirin, Bufferin, and similar products are allowed up to 48 hours before the procedure, unless medically necessary. Tylenol is ok up to the day of the procedure.
- Please take any medications for heart conditions or high blood pressure on the day of the procedure as usual. Medications need to be taken 3 hours prior to your procedure.
- Please complete your **Medical History** form prior to your arrival and bring it with you the day of your procedure. It is very important to list all your prescription and over the counter medications.

Important Reminders:

- Please allow 2- 2 ½ hours for your procedure.
- **You need a responsible adult to drive or accompany you home.** They do not need to be present at our center the whole time, we will be happy to call them when you are in the recovery room.
- After the procedure, for the rest of the day, you shouldn't drive, drink alcohol, or make any important business or legal decisions. We advise not working until the next day.
- Please bring your insurance card(s) with you to your appointment.
- We will give you some juice and a snack in the recovery room. You will receive a copy of your report before you leave. You can resume your normal diet unless discharge instructions state otherwise.