

DIGESTIVE MEDICINE ASSOCIATES, LLP

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SUPREP INSTRUCTIONS FOR COLONOSCOPY

FIVE (5) DAYS PRIOR TO THE PROCEDURE:

- If you take medication for Pain & Arthritis, for example: Advil, Motrin, Naproxen, or any other medication containing Aspirin or Anticoagulants such as: Coumadin, Pradaxa or Plavix, **STOP TAKING** them five (5) days prior to your procedure.

DAY BEFORE PROCEDURE:

Clear liquid diet ALL day for breakfast, lunch and dinner. Clear liquids include Apple/Grape Juice, Sprite, Gatorade, Chicken Broth, Jello (no red coloring) & Tea. **NO SOLID FOOD!!**

1. At 7:00 P.M. pour one (1) 6-ounce bottle of Suprep liquid into the container.
2. Add cool drinking water to the 16-ounce line on the container and mix.
3. **Drink ALL** the solutions in the container within 1 hour.
4. You **must** drink two (2) more 16-ounce containers of water over the next 1 hour.

ON THE MORNING OF THE PROCEDURE:

At least 3 hours before procedure repeat steps 1-4, using the other 6-ounce bottle of Suprep. Be sure to drink all the 16-ounce mixed solution within an hour and then both 16-ounce cups of water. Stop drinking ANY liquids 2 hours before your procedure.

- Do **NOT** take medication for Diabetes the night before or morning of the procedure.
- If you are on Antihypertensive / Blood Pressure medication, you **SHOULD** continue to take them as usual with a sip of water.