

Colonoscopy Prep Instructions - Suprep and Gas-X (125mg)

- 1 week before colonoscopy, eat a Normal Diet, but avoids foods such as **nuts, seeds, corn, peas, and beans**.
- 3 days before colonoscopy, eat a Low Fiber Diet (see separate information sheet).
- The Day before colonoscopy, start the prep.
 1. Eat a Clear Liquid Diet- you may have a small amount of milk, ice cream, cheese, or white bread
 2. Step 1: Begin this step at 5 PM the evening before your scheduled colonoscopy time.
 - Pour 1st bottle of Suprep into the mixing container provided in the kit.
 - Add water to the 16oz line on the mixing container and mix.
 - Drink ALL the liquid in the container.
 - **IMPORTANT:** Must drink 2 more 16 oz glasses of water, each over one hour. Take a Gas-X tab with each glass.
- Day of colonoscopy-Finish the second dose of prep.
 3. NO FOOD OR DRINK OTHER THAN PREP.
 4. Step 2: Begin this step 6 hours before your scheduled colonoscopy time.
 - Pour 2nd bottle of Suprep into mixing container.
 - Add water to the 16oz line on the container.
 - Drink ALL the liquid in the container.
 - **IMPORTANT:** Must drink 2 more 16 oz glasses of water, each over one hour. Take a Gas-X tab with each glass.
 - ***You must have finished drinking the last glass of water at least 4 HOURS before your colonoscopy.***

- Take your blood pressure, seizure, and/or heart medication on the morning of your procedure with a sip of water and nothing else.
- Blood thinners- Must discuss with your Primary Physician or Cardiologist. With the approval of your physician:
 - Aspirin and NSAIDS (Ibuprofen, Aleve, etc.) should be stopped 10 days prior to surgery. Tylenol may be taken if needed.
 - Xarelto/Eliquis - Avoid 1 day before the procedure, but re-start the day after (hold for 2 days total).

- Warfarin- Avoid 3 days before surgery and re-start 1 day after surgery (hold for 4 days total).
- Type 1 diabetes- Follow up with your prescribing provider for specific instructions for reducing daily insulin for day of surgery.
- Wear comfortable clothing on the day of your procedure.
- Leave personal items at home as much as possible (jewelry, contacts, etc.)
- ***You will need someone to take you home after procedure.***

Please call (970)641-3927 with any questions.

IT IS IMPORTANT TO FOLLOW ALL THE STEPS BELOW COMPLETELY.

Step 1:



Pour **ONE (1)** 6-ounce bottle of SUPREP liquid into the mixing container.

Step 2:



Add cool drinking water to the 16-ounce line on the container and mix.

NOTE: Be sure to dilute SUPREP as shown at left before you drink it.

Step 3:



Drink **ALL** the liquid in the container.

Step 4:



You **must** drink two (2) more 16-ounce containers of water over the next 1 hour.

NOTE: You **must** finish drinking the final glass of water at least 2 hours, or as directed, before your procedure.

INITIATE 3 DAYS PRIOR TO COLONOSCOPY

Low Fiber Diet for Colonoscopy

Foods that are okay	Foods that are not okay
White bread	Whole wheat bread or pasta
White rice or noodles	Brown or wild rice
Plain crackers and potato rolls	Whole wheat crackers and Rolls
Skinless cooked potato	Raw or partially cooked vegetables
Skinless chicken or turkey	Tough meat or meat items with skin
Fish and other sea foods	Nuts, seeds, popcorn, and fruits
Canned fruits without seeds or skin	Milk or milk products
Eggs	Cereals
Vanilla wafers, Animal crackers	Granola, Cornbread, Pumpernickel bread
Items on the clear liquid diet	Items on the high fiber diet

INITIATE 1 DAY PRIOR TO COLONOSCOPY

Clear Liquid Diet for Colonoscopy

Drinks that are okay	Drinks that are not okay
Water	Orange or pineapple juice
Black coffee (or Tea) without milk or cream	Milk or dairy products
Sport drinks with electrolyte	Milk shakes
Carbonated beverages and Sodas	Malt
Apple juice	Alcoholic drinks
Foods that are okay	Foods that are not okay
Clear broth and soup	Vegetables
Honey	Fruits
Hard candies	Meat or poultry products
Gelatin	Bread
Popsicles	Pasta
Sugar	Rice, grains
Fruit Ices	Cereals
Sorbet	Seeds and nuts