

## **How to Prepare for Your Colonoscopy using SUPREP® Bowel Prep Kit**

A colonoscopy is an exam of your colon (large intestine). Your doctor will use a colonoscope (flexible tube with a camera on the end) to see the inside of your colon on a video monitor. During your procedure, your doctor can:

Remove a small sample of tissue (biopsy) for testing

Remove a polyp (growth of tissue)

Take photos of the inside of your colon

Follow these instructions carefully. It's very important that your colon is empty for your colonoscopy. If there's stool inside your colon, your doctor may not be able to see polyps or other problems inside your colon and you may have to repeat the procedure. If you have any questions, contact the doctor's office at 201-858-8444.

### **1 Week Before Your Procedure**

Ask about your medications

You may need to stop taking some of your medications before your procedure.

If you take a **blood thinner**, such as to treat blood clots or to prevent a heart attack or stroke, ask the doctor who prescribes it for you when to stop taking it

If you take **insulin or other medications for diabetes**, you may need to change the dose. Ask the doctor who prescribes your diabetes medication what you should do the day before and the morning of your procedure. Tell your doctor you will be drinking a sugar-free clear liquid diet the day before your procedure.

If you have an automatic implantable cardioverter-defibrillator (**AICD**), you need to get a clearance letter from your cardiologist (heart doctor) before your procedure.

**You must have a responsible adult to take you home after your procedure.**

An endoscopy nurse will call you before your procedure. They will review the instructions in this guide with you and ask you questions about your medical history. The nurse will also review your medications and tell you which medications to take the morning of your procedure.

### **5 Days before your procedure**

Stop any oral iron supplements

### **3 Days Before Your Procedure**

You should follow a low-fiber diet starting 3 days before your colonoscopy. During this time, do not eat: raw (fresh) fruits and vegetables, whole kernel corn, including canned corn, whole grains (such as oatmeal, brown rice, quinoa, or wheat bread), seeds (such as poppy or sesame) or nuts.

### **1 Day Before Your Procedure**

Follow a clear liquid diet

A clear liquid diet includes only liquids you can see through.

Don't eat any solid foods.

Try to drink at least 1 (8-ounce) glass of clear liquid every hour you're awake.

Don't drink anything red, purple, or orange.

If you have diabetes, only drink sugar-free clear liquids and check your blood sugar level often. If you have any questions, talk with your healthcare provider.

### **SUPREP bowel preparation**

You will drink a large amount of cool liquid for your SUPREP bowel preparation. This may cause bloating or discomfort in your abdomen (belly), nausea, or a headache. These things aren't cause for alarm. If you have pain in your abdomen or vomit, call your doctor.

**Do your SUPREP bowel preparation in 2 parts.**

At 4:00 pm the evening before your procedure, start drinking the first part of your SUPREP bowel preparation.

Empty 1 (6-ounce) bottle of SUPREP liquid into the mixing container.

Add cool drinking water up to the 16 ounce line on the container. Mix.

Drink all of the liquid in the container.

Drink 2 more 16-ounce containers of water (32 ounces total) over the next hour. You don't need to drink the water all at once, but it's important to finish all 32 ounces over the next hour.

After you finish all 32 ounces of water, you can keep drinking other clear liquids until 4 hours before your scheduled arrival time.

**You will repeat steps for the second part of your SUPREP bowel preparation. The time you start drinking the second part of your SUPREP bowel preparation depends on your scheduled arrival time**

If your scheduled arrival time is before 11:00 am, start at 8:00 pm the night before your procedure.

If your scheduled arrival time is 11:00 am or later, start at 5 hours before your scheduled arrival time) the day of your procedure.

You will take a total of **4 Dulcolax Tablets**; if you are completing the **SUPREP® Bowel Prep** in one day, take 4 tablets at the end of the prep. If you are completing the **SUPREP® Bowel Prep** in 2 days, take 2 Dulcolax Tablets after the first part of the **SUPREP® Bowel Prep** and take 2 Dulcolax Tablets after the 2nd part of the **SUPREP® Bowel Prep**

#### **The Day of Your Procedure**

If your scheduled arrival time is 11:00 am or later, remember to start drinking the second part of your SUPREP bowel preparation 5 hours before your **scheduled arrival time**.

**Starting 4 hours before your scheduled arrival time, do not eat or drink anything. This includes water, hard candy, and gum.**

Take only the medications you were instructed to take the morning of your procedure. Take them with a few sips of water.