

## Prep Instructions for Colonoscopy SUPREP – Split Dose

It is very important that your scheduled procedure time not be changed unless there is an emergency.

Procedure Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Location:       Metro Atlanta Endoscopy Center       Saint Joseph's Hospital

- **Stop taking: Motrin, Ibuprofen, Advil, Aleve or similar products 7 days prior to procedure, unless otherwise instructed. For aches or pains, use Tylenol.**
- **If you are taking blood thinners or Aspirin, they may need to be stopped prior to the procedure. Please discuss this with your physician.**
- **All other prescription medication should be continued, unless directed by your physician.**

### **ON THE DAY PRIOR TO YOUR PROCEDURE**      ( \_\_\_ / \_\_\_ / \_\_\_ )

#### **Step 1 Low residue/fiber diet for breakfast. Then, NO solid food after 10 am.**

Suggestions are: Eggs, white bread/toast, low fiber cereal.

#### **Step 2 Clear liquid diet for lunch and dinner.**

Suggestions are: Ocean Spray white cranberry or white grape juice, Gatorade or preferred sport drink, weak tea or coffee (regular or decaf), lemonade, limeade, fat-free beef or chicken broth, water, Jello, or ice pops (**not red**). **Alcohol is not permitted.**

#### **Step 3 Begin drinking the prep solution between 4-6:00 pm**

Pour ONE 6-ounce bottle of SUPREP liquid into the mixing container.

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

Drink all the liquid in the container.

Then, drink TWO more 16-ounce containers of water or clear-liquid of your choice, over the next hour.

### **ON THE DAY OF YOUR PROCEDURE**      ( \_\_\_ / \_\_\_ / \_\_\_ )

- **Wake up at least 4 hours** prior to your procedure time.
- Repeat Step 3 (above) using the other 6-ounce bottle over the next 1-2 hours.
- You must **STOP** the prep and all clear liquids at least **2 hours** prior to procedure time.

### **Important Final Instructions:**

You must have a driver to drive you home after the procedure due to the IV medication. We can only discharge you into the care of a person known to you. **We will not discharge you to a taxi or other driving service.**

5669 Peachtree Dunwoody Road – Suite 210 Atlanta, Georgia 30342 (404) 255-4333