

### **Split Prep, *Suprep* Colonoscopy Preparation Protocol**

**Seven (7) days prior to your procedure:**

-Avoid seeds, nuts, whole-grain breads  
-Avoid NSAIDS (Aspirin, Motrin, Advil, Alleve, Ibuprofen, Naproxen). It is OK to take Acetaminophen. If you take ASA, Warfarin, Plavix, Predaxa or other anti-platelet therapy, refresh your memory on how your doctor recommended you take these. Call us if you have **any** debate.

**Two days/or sooner before colonoscopy:**

-Purchase the prescribed laxative at a pharmacy.

**On the day before your colonoscopy:**

-OK to have a low fiber breakfast  
·Avoid nuts, cereals, fruit/vegetables  
·Examples: Low Fat Yogurt with no Fruit, Hard Boiled Egg Whites  
-No solid food after 10AM.  
-Continue to drink plenty of **clear liquids** between 10AM and 4 hours prior to you colonoscopy: white grape or apple juice, Ginger Ale, clear sodas, Gatorade (preferred over other electrolyte containing drinks), Jello, ice pops, water...  
-Prepare the previously obtained Laxative as and when described on its box.

**If your Colonoscopy is scheduled to start between 7:30AM and 9:30AM:**

-On the day prior to your procedure, between 12 Noon and 2PM complete the 1<sup>st</sup> dose regimen of SUPREP as directed on the SUPREP box.  
- On the day prior to your procedure, between 8PM and 10PM, complete the 2nd dose regimen of SUPREP as directed on its box.

**If your Colonoscopy is scheduled to start between 10AM and 3:00PM:**

-On the day prior to your procedure, between 6PM and 8PM complete the 1<sup>st</sup> dose regimen of SUPREP as directed on the box.  
-On the morning of your procedure, repeat this process between 6AM and 8AM by completing the 2nd dose regimen of SUPREP as directed on its box.

**Nothing by mouth for the last two hours prior to your Colonoscopy.**

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Report to:

\_\_\_\_\_ Metro Atlanta Endoscopy, 5669 Peachtree Dunwoody Road, Ste 210, or  
\_\_\_\_\_ Saint Joseph's Hospital, GIDU, #3<sup>rd</sup> Floor

Procedure Date \_\_\_\_\_  
Arrival Time \_\_\_\_\_  
Procedure Time \_\_\_\_\_