

Split Prep, *Suprep* Colonoscopy Preparation Protocol

Seven (7) days prior to your procedure:

- Avoid seeds, nuts, whole-grain breads
- Make sure to refresh your memory about how your doctor recommended you take your medications, especially if you are on blood thinners or anti-platelet drugs. Call us with **ANY** questions

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- Avoid NSAIDS (Aspirin, Motrin, Advil, Aleve, Ibuprofen, Naproxen, Celebrex, Diclofenac etc). It is OK to take Acetaminophen.
 - STOP ASA, Plavix, or other anti-platelet therapy 7 days prior to your procedure.
 - STOP Coumadin 4 days prior to your procedure.

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 1st 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 1st 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.**

Report to:

_____ Metro Atlanta Endoscopy, 5669 Peachtree Dunwoody Road, Ste 210, or
_____ Saint Joseph's Hospital, GIDU, #3rd Floor

Procedure Date and Time: _____ Arrival Time: _____