

Suprep Instructions

**IF YOU DO NOT FOLLOW THESE DIRECTIONS, YOUR
COLONOSCOPY WILL BE CANCELLED.**

Your procedure is scheduled on:

Transportation on the day of your exam: You are not allowed to drive, take a taxi or bus, or leave the Ambulatory Treatment Center alone. **If you do not have a responsible driver (family member or friend) with you to take you home, your exam cannot be done with sedation and will be cancelled.**

Report to third floor registration desk in Touro hospital at your appointed time.

One day before your colonoscopy

- **Only drink clear liquids (see chart on back of sheet) the ENTIRE DAY before your colonoscopy. Do NOT eat any solid foods.** Drink at least **8 ounces** of clear liquids every hour after waking up.

Part 1 at 8 PM on the evening before your colonoscopy:

- Pour ONE 6-ounce bottle of SUPREP® liquid into the mixing container.
- Add cool water to the 16 oz. line on the container and mix.
- Drink ALL the liquid in the container.
- Drink two more 16-ounce glasses of water over the next hour (one hour).
- You may continue to drink clear liquids until midnight.

Part 2 at 1 AM on the day of your colonoscopy:

- Pour ONE 6-ounce bottle of SUPREP liquid into the mixing container.
- Add cool water to the 16-ounce line on the container and mix.
- Drink ALL the liquid in the container.
- You must drink two more 16-ounce glasses of water over the next hour (one hour).
- You may continue drinking clear liquids up to three (4) hours before your procedure

Clear Liquids (No Red, Blue, or Purple Liquids)	DO NOT DRINK
Gatorade®, Pedialyte® or Powerade®	Alcohol
Clear broth or bouillon	Milk or non-dairy creamer
Coffee or tea (no milk or non-dairy creamer)	Noodles or vegetables in soup
Carbonated and non-carbonated soft drinks	Juice with pulp
Kool-Aid® or other fruit-flavored drinks	Liquid you cannot see through
Strained fruit juices (no pulp)	
Jell-O®, Popsicles®, hard candy	
Water	

Medications

If you take blood thinners, blood thinners include:

- Coumadin® (warfarin)
- Plavix®(clopidogrel)
- Ticlid® (ticlopidine hydrochloride)
- Agrylin® (anagrelide)
- Xarelto® (Rivaroxaban)
- Pradaxa® (Dabigatran)
- Eliquis® (Apixaban)
- Effient® (Prasugrel)
- Brilinta (Ticagrelor)
- Aggrenox (ASA and Dipyridamole)
- Aspirin 325mg
- **Hold for _____ days before your procedure.**

Diabetics: Hold oral medication morning of procedure. Please check your blood sugar prior to coming in. If your sugar is low and you are having symptoms drink 2-4 ounces of apple juice.

All other medications should be taken the day of the exam with a sip of water.

If you have questions, please call the clinic at 504-897-8005

Communicate with us through patient portal:

Patientportal/lcmchealth.org/Mychart/Authentication/Login?