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GASTROENTEROLOGY

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REGULAR COLONOSCOPY- SUPREP- split dose

Please read these instructions the day you receive them

Please purchase:

Suprep bowel prep kit

- 1 bottle of Miralax (polyethylene glycol); approximately 250g OTC (OPTIONAL- EXTRA)
- 2 32 oz bottles of Gatorade (not red)
- 2 Dulcolax (Bisacodyl) tablets
- 1 Fleet's Enema (no mineral oil)

The week before:

- Don't take alcohol, aspirin, anti-inflammatory or iron products for one week before or after the procedure, unless instructed otherwise.
- Don't take Coumadin for 5 days before. Don't take Plavix for 3 days before.
- Tylenol is fine.

Two nights before:

- Take 2 dulcolax pills

One day before:

- Start a clear liquid diet. NO SOLID FOODS!! You can have: tea, jello, apple juice, clear broth, ginger ale, crystal lite, water. NOTHING RED.
- OPTIONAL : If you have problems with constipation, or had an incomplete preparation in the past, I recommend getting a headstart. Take 125 g-250 g of MiraLAX (polyethylene glycol) mixed with Gatorade or other clear liquid earlier in the day to start cleaning the colon.

The afternoon before:

- Start between 2-6 PM. Pour a 6 ounce bottle of **SUPREP** into the mixing container. Add cool water up to the 16 ounce line. Drink all the liquid; then drink 2 more 16 ounce containers of water over the next one hour. (You may use a small piece of lemon in your mouth to improve the taste.)
- Repeat with a second 6 ounce bottle of **SUPREP** a few hours later, no later than 10 PM. Add cool water up to the 16 ounce line. Drink all the liquid; then drink 2 more 16 ounce containers of water over the next one hour.

- In the evening, drink several bowls **preferably of clear broth** without fat, (or several extra glasses of water or clear liquids; the more the better!!)
- You can use Vaseline or any other lubricant around the rectal area to minimize irritation.

The morning of the procedure:

DO NOT EAT OR DRINK ANYTHING else the day of the procedure!

- Administer 1 Fleet Enema $\frac{1}{2}$ hour before leaving for the office. You can skip the enema if you're sure you're completely cleaned out.
- Take all heart and blood pressure medications using only a little water.
- Diabetics should hold their diabetic medications the day before the test and the morning of the test. Be sure to closely monitor glucose at home during the preparation and morning of the procedure. Bring medications and inhalers with you, if needed.
- **CALL** the office **BEFORE LEAVING YOUR HOME** on the day of the procedure, to confirm the time. (This does not apply if you are the first patient of the day.)
- You **CANNOT DRIVE** yourself or take a taxi home, after the procedure. A responsible adult must accompany you home.

If you need to cancel or reschedule your appointment, call us 10 days in advance.

Date: _____ Day: _____ Time: _____