

# COLONOSCOPY PREPARATION INSTRUCTIONS

Please read this entire document to ensure your **SuPrep** bowel preparation is correctly performed.

## STEP 1

### 7 DAYS BEFORE PROCEDURE

#### DO

- Ensure you have received your **Prep Package** from **Gift Health** or Rx sent to your pharmacy
- All of your prep supplies and instructions will be provided. Follow the instructions provided by us. You should have received:
  - **SUPREP BOWEL PREP**
  - **MIRALAX**

#### DON'T

- Inject your weekly GLP-1
- Take your PRESCRIBED BLOOD THINNER. You will have been given instructions on when to hold this medication prior to your procedure. **If you have not been given specific instructions, please immediately call us at (530) 246-7000**

## STEP 2

### 3 DAYS BEFORE PROCEDURE

#### DO

- After lunch: Mix 2 capfuls of **MIRALAX** (34g) in any 8 to 16 oz of water, gatorade or plain juice. **You will repeat this step for the next 2 days after lunch**
- Confirm you have a driver for your procedure day

#### DON'T

- Eat high fiber foods/roughage (You will be on a **Low Residue diet** today and transition to a **Soft Diet tomorrow**)
- Eat nuts and seeds

## STEP 3

### 1 DAY BEFORE PROCEDURE

#### DO

Start a **Clear Liquid Diet** in the morning and continue until 3 hours prior to your procedure. If you are on any diabetic meds please refer to the Diabetic Med Guide provided in your Prep Package

#### DON'T

Eat Solid Food or drink Dairy Products, Alcohol, Red/Purple Colored Products

### SUPREP® INSTRUCTIONS - THIS IS A TWO-PART REGIMENT, START THE FIRST PORTION AT 5PM

#### STEP 1:

- Pour the entire contents of one bottle of **SUPREP** liquid into the container
- Fill the container with water to the 16oz fill line indicated on the container
- Drink all the liquid in the container. If nauseous, slow down and finish over 1 hour

#### STEP 2:

Over the next hour, drink 2 additional 16 ounce containers of water

**\*\*YOU MAY DRINK CLEAR LIQUIDS UP UNTIL 3 HOURS BEFORE YOUR PROCEDURE\*\***

## STEP 4

### DAY OF PROCEDURE

#### DO

Take your regular morning medications with small sips of water. **ESPECIALLY** your **BLOOD PRESSURE MEDS**  
Refer to the Diabetic Med Guide

#### DON'T

Eat Solid Food or drink Dairy Products, Alcohol, Red/Purple Colored Products

#### 5 HOURS BEFORE Arrival:

- Pour the entire contents of one bottle of Suprep liquid into the container.
- Fill the container with water to the 16oz fill line indicated on the container.
- Drink all the liquid in the container. If nauseous, slow down and finish over 1 hour
- Your bowel movements should be: liquid and clear/yellow or urine-like

#### 3 HOURS BEFORE Arrival:

- STOP ALL LIQUIDS
- NO gum, mints, hard candy, marijuana, cigarettes, chewing tobacco

If you have any preparation issues or questions, contact the Procedure Center at 530-246-7000