

## **Scottsdale Gastroenterology Associates**

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### **Bowel Preparation for Colonoscopy**

#### **Suprep instructions**

On the day before:

You may have a light breakfast consisting of clear liquids only

NO: solid foods for lunch or dinner, milk, red foods, alcohol

Clear liquids include: water, strained fruit juice without pulp, Lemonade or limade , chicken broth, coffee or tea (no milk)

How to take Suprep kit:

Suprep bowel kit is taken as a split dose regimen:

Take the first 6 ounce bottle of SUPREP at 5 pm in the evening before your procedure, complete steps 1-4 before going to bed.

Take the second 6 ounce bottle of SUPREP at 4 am in the morning of the procedure, repeat steps 1-4.

Step 1: Pour one 6 ounce bottle of SUPREP liquid into the mixing container.

Step 2: add cool drinking water to the 16 ounce line on the container and mix

Step 3: Drink all the liquid in the container.

Step 4: You must drink two more 16 ounce containers of water over the next 1 hour. If you feel you will get chilled with cool water you may use room temperature water.

Please note:

Both 6 ounce bottles must be drunk for a good preparation.

It is important to drink the additional water as outlined.  
Please finish all liquids 1 hours prior to the procedure.

Once you have completed your prep solution have nothing by mouth until after your procedure except medications with a sip of water. Take your blood pressure, heart, seizure or lung medications early in the morning with no more than 1/2 cup of water.

**If you take:**

**Iron** : stop 1 week before.

**NSAIDS:**(Motrin,Ibuprofen,Advil,Aleve,Salsalate,Diclofenc)  
-stop 1 week before.

**Warfarin(Coumadin) or Heparin**-You will need to stop Warfarin 5 days before your colonoscopy, however you must check with your pcp/prescribing physician before stopping this medication in case alternate medication needs to be used.

**Clopidogrel(Plavix),Pradaxa(Dabigatran) or Ticagrelor ,Aggrenox (aspirin/dypridamole)**-you will need to stop these 5 days prior to the colonoscopy. However, you must check with your pcp/prescribing physician before stopping this.

**Diabetics:**

It is important to follow the clear liquid diet. This means no solids of any kind. You SHOULD take beverages with sugar as you will not be eating. Avoid sugar free beverages while on this prep.

For patients on oral medication: check your blood sugars 3x daily (7am, 3pm and bedtime)

- a) if you are on glypizide or glyburide continue these during your bowel prep but HOLD the day of the exam
- b) if you are on metformin continue this during the prep and you can TAKE on the day of the exam

For patients on insulin:

Check your blood sugars 4x daily: 7am, 12 pm, 5pm and bedtime

- a) if you take Aspart (Novalog) or regular insulin you will hold this while taking your bowel prep and restart after the procedure
- b) If you are on NPH (Novalin), Lantus or Glargine insulins, check your blood sugar prior to taking your insulin

if your blood sugars are below 150, hold your insulin dose  
if your blood sugars are above 150, take  $\frac{1}{2}$  your insulin dose