



**Michael S.
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Questions?

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Colonoscopy SUPREP Instructions

(Every day but Wednesday)

ONE WEEK BEFORE your procedure:

1. Our office will call you and your SUPREP prescription will be called in to your pharmacy.

THREE DAYS BEFORE your procedure:

1. Stop all aspirin, aspirin products, blood thinners, anti-inflammatory drugs, vitamin E, and vitamins with iron. If you have any aches or pains, you may use Tylenol.
2. If you are on blood thinners or aspirin, you must notify your PCP or cardiologist prior to stopping these medications. (Please **DO NOT** stop taking high blood pressure, asthma, seizure, or heart medications.)

ONE DAY BEFORE your procedure:

1. You will have clear liquids all day. *Clear liquids include: popsicles, Jell-O, broth or bouillon, clear fruit juices, Gatorade, clear sodas, black coffee or tea. **Nothing red, orange, or purple in color, and no milk products.*** Drink as many fluids as you can throughout the day to help keep you hydrated and feeling full.
2. **At 3:30 PM**, pour one (1) 6-ounce bottle of SUPREP into mixing container. Add cool drinking water to the 16-ounce line on the container and mix.
3. Drink **ALL** the liquid in the container.
4. **IMPORTANT!!! You must then drink two (2) 16-ounce cups of water over the next 1 hour after drinking SUPREP.**
5. **At 9:30 PM**, repeat above instructions 2, 3, and 4.
6. You may have clear liquids until midnight; **nothing to eat or drink after midnight.**

THE DAY OF your procedure:

1. Take your heart, blood pressure, asthma, and seizure heart medications the day of your procedure with a small sip of water.
2. You must be accompanied by an 18 year or older friend or relative to accompany you, even if you take public transportation or have rides provided by Medicare or Medicaid. Procedures will be rescheduled if transportation arrangements have not been made for your safe return home.
3. Please leave all valuables at home, as we cannot be responsible for the loss of your valuables.

Please contact Dr. Lindner's office 48 hours prior if cancellation or rescheduling procedure is necessary.

