



## inSite Digestive Healthcare COLONOSCOPY PREPARATION SHEET: SUPREP

Facility:  Check with your gastro office if you're not CERTAIN WRITE IT DOWN

Procedure Date: \_\_\_\_\_ Check In Time: \_\_\_\_\_

5 Days Prior	4 Days Prior	3 Days Prior	2 Days Prior	One Day Prior	Colonoscopy Day
<ul style="list-style-type: none"> <li><input type="checkbox"/> Arrange for a ride to and from Facility</li> <li><input type="checkbox"/> Go to pharmacy with your prescription for Suprep kit and purchase the clear liquids you'll need</li> <li><input type="checkbox"/> For sore bottom:               <ul style="list-style-type: none"> <li>--plain or aloe baby wipes</li> <li>--Desitin or A&amp;D ointment</li> </ul> </li> <li><input type="checkbox"/> Stop taking Coumadin or Plavix. Follow the instructions of your physician if alternative blood thinners are needed. Do not proceed without talking to your Gastro doctor if taking <b>Brilinta or Effient</b></li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Last chance to cancel the procedure without a cancellation fee</li> <li><input type="checkbox"/> For Co-payment questions call your Gastro doctor's office</li> <li><input type="checkbox"/> Stop supplements, vitamins, probiotics, iron</li> </ul> <div style="border: 2px solid red; padding: 5px; text-align: center; width: fit-content; margin: 10px auto;"> <p><b>No Coumadin or Plavix for 5 days</b></p> </div>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Review diet instructions for the coming 3 days. Plan meals and shop to comply with instructions</li> <li><input type="checkbox"/> Confirm your ride to and from facility</li> <li><input type="checkbox"/> Stop any fiber supplements</li> <li><input type="checkbox"/> Eat well balanced meals <b>BUT AVOID:</b> <ul style="list-style-type: none"> <li>- Raw fruits</li> <li>- Raw vegetables</li> <li>- Nuts or popcorn</li> <li>- Foods with small seeds such as tomato, sesame or melon seeds</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Drink AT LEAST 8 glasses of water or clear liquid during the day</li> <li><input type="checkbox"/> Eat well balanced meals <b>BUT AVOID:</b> <ul style="list-style-type: none"> <li>- Raw fruits</li> <li>- Raw vegetables</li> <li>- Nuts or popcorn</li> <li>- Foods with small seeds such as tomato, sesame or melon seeds</li> </ul> </li> <li><input type="checkbox"/> <b>No solid food after midnight</b></li> <li><input type="checkbox"/> <b>Stop taking Eliquis, Pradaxa, Xarelto, Savasa after the morning dose (48 hours prior to procedure).</b></li> <li><input type="checkbox"/> Do NOT stop low dose (81mg) aspirin taken for heart or stroke reasons</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Drink at least 8 glasses of water and other clear liquids during the day</li> <li><input type="checkbox"/> <b>Follow a strict clear diet ALL DAY</b></li> <li><input type="checkbox"/> <b>5 or 6 pm: Pour 1 six (6) oz bottle of SuPrep liquid into the mixing container. Add cold water to the 16 oz line on the container. Drink ALL of this liquid.</b></li> <li><input type="checkbox"/> Over the next hour drink 2 more 16 oz portions of cool water or Gatorade (or similar) over the next hour</li> <li><input type="checkbox"/> If you have any nausea take a 15-30 minute break then resume drinking the prep</li> <li><input type="checkbox"/> Verify that you have info you'll need to bring with you to facility</li> <li><input type="checkbox"/> Do not schedule any important activities on the day of procedure</li> <li><input type="checkbox"/> <b>You may not drive or go home unaccompanied in a taxi or UBER etc after your procedure</b></li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Beginning 4 or 5 hours before leaving home for your colonoscopy, pour 1 six (6) oz bottle of SuPrep liquid into the mixing container. Add cold water to the 16 oz line on the container. Drink ALL of this liquid.</b></li> <li><input type="checkbox"/> Over the next hour drink 2 more 16 oz portions of cool water or Gatorade (or similar) over the next hour</li> <li><input type="checkbox"/> <b>After the last dose, do not eat or drink anything for 3 hours</b></li> <li><input type="checkbox"/> You may take regular prescriptions with small sips of water (but no blood thinners)</li> <li><input type="checkbox"/> If you take insulin shots, follow the instructions for lowered dose you were given for procedure day</li> <li><input type="checkbox"/> <b>Be sure to bring:</b> <ul style="list-style-type: none"> <li>• Insurance card or Medicare card</li> <li>• Identification (CA driver's license, or ID card)</li> <li>• Cash, check or credit card (Visa or Master Card) for co-payment and/or deductible payment. (For co-payments or deductible amount, please contact your facility)</li> </ul> </li> </ul>

Two days prior: Consider stopping all casual (not Dr. recommended) Aspirin or NSAIDS-no ibuprofen, Advil, Aleve, Naprosyn, Excedrin---only Tylenol is okay or meds for migraine



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					<input type="checkbox"/> Allow 2-3 hours at the facility before your driver will pick you up. Staff will call your driver to coordinate <input type="checkbox"/> Normal diet after you are home
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Two days prior: Consider stopping all casual (not Dr. recommended) Aspirin or NSAIDS-no ibuprofen, Advil, Aleve, Naprosyn, Excedrin---only **Tylenol is okay or meds for migraine**