



**Outpatient Colonoscopy Preparation:**

**Seven (7) days before** your procedure you should **discontinue** the use of any **medications containing iron.**

**DO NOT EAT** any seed like material (eg popcorn, sunflower seeds, strawberries, corn, etc) for **seven (7) days before your procedure.**

**Discontinue** taking Coumadin (warfarin), plavix or other blood thinning medications \_\_\_\_\_ days prior to your procedure.

**The day before your procedure there should be NO SOLID FOODS consumed.**

You may only have the following:

• <b>Chicken/Beef/Vegetable Broth</b>	• <b>Black Coffee/Tea</b>
• <b>Yellow/Green Jell-O</b>	• <b>Yellow/Green Popsicles</b>
• <b>Clear Grape Juice</b>	• <b>Sprite</b>
• <b>Non-Pulpy Apple Juice</b>	• <b>Ginger Ale</b>

**DO NOT ingest liquids that are red or purple in color. No milk or creamers. No alcohol.** If you are a smoker, please refrain from smoking the day of your procedure. *Includes: e-cigarettes, cigars, pipe, cigarettes, and marijuana.*

**You may take** blood pressure, heart or seizure medications the morning of your procedure with a small sip of water six (6) hours before your procedure.

**You MUST** bring an adult patient representative (age 18 or older), the representative **MUST** be able to remain at the facility from admission to discharge, be able to make medical decisions regarding your care, be able to speak with the physician, receive your procedure results, understand your post care instructions, and drive you home. Since you will be sedated, you will be groggy after the procedure and care instructions/procedure results will be given to your representative.

**SPECIAL INSTRUCTIONS:**

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## Mixing Instructions for Suprep



The day before the colonoscopy on \_\_\_\_\_ at **6:00pm.**

**Step 1:** Pour **one (1)** 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 (2) more 16-ounce containers of water within one (1) hour.

**Eight (8) hours** prior your procedure on \_\_\_\_\_ at \_\_\_\_\_ repeat steps 1 through 4.

**No more liquids after \_\_\_\_\_ Six (6) hours prior to your procedure time).**

**No milk or creamers, chewing gum, mints, tobacco products, or alcoholic beverages.**

**ABSOLUTELY NO PILLS OR LIQUIDS WITHIN SIX (6) HOURS OF YOUR PROCEDURE TIME.**