It is very important to follow all the instructions to prepare for your colonoscopy. Your colon must be empty, so the doctor can see during the colonoscopy. Many patients feel that the bowel preparation is the hardest part of the colonoscopy.

Preparing for the colonoscopy
- The day before your colonoscopy, you will need to start preparing your colon. Do not eat any solid foods the entire day before your colonoscopy.
- You will be using the Suprep to clean out your colon.
- Please follow all instructions carefully. If you do not follow the directions properly, then your colonoscopy may be canceled.

Items to buy
- To get ready for your colonoscopy, you will need to buy items for the bowel preparation.

  Prescription required:
  - Check with your pharmacy and fill your prescription for Suprep preparation kit.

Medications reminders
- Some of the medications you take may need to be stopped or adjusted before your colonoscopy. You must call the doctor who ordered any of the following medications at least one week before your colonoscopy for instructions.
- You may take your aspirin on the day of your test with water only.
- Blood thinners such as Coumadin (warfarin), Eliquis (apixaban), Pradaxa (dabigatran), Xarelto (rivaroxaban), Pletal (cilostazol), Effient (prasugrel), Brilinta (ticagrelor).
- Please contact the doctor who monitors your glucose levels, insulin dosages, or diabetic medications for proper instructions. The diet restrictions required for this bowel preparation may impact the medication dosages of these medications. Remember to bring your diabetes medications with you on the day of your procedure.

Five (5) days before your colonoscopy
- Do not take medications that will stop diarrhea.
  - Examples: Imodium or Pepto-Bismol.
- Do not take fiber medications or supplements.
  - Examples: Metamucil or Citrucel.
- Do not take iron supplements or products that contain iron.
  - Example: Multi-vitamins.
- Do not take Fish Oil supplements.
Three (3) days before your colonoscopy

- Begin a low fiber diet. A low fiber diet helps make the cleanout more effective.
- Low fiber examples include:
  - White bread, white rice, pasta, crackers, fish, chicken, eggs, ground beef, creamy peanut butter, cooked/boiled vegetables, canned fruit, bananas, melons, milk, plain yogurt, cheese, salad dressing, and other condiments.
- Do not eat high-fiber foods such as:
  - Popcorn, seeds (flax seeds, sunflower, and quinoa), multigrain breads or pasta, nuts, granola, salads, raw vegetables, or fresh and dried fruits. Limit the amount of meats.

Two (2) days before your colonoscopy

- Increase your water intake.
- Continue a low fiber diet.

Morning check-In

(6:30 a.m. to 11:45 a.m.)

One (1) day before your colonoscopy

- Start your clear liquid diet.
- Only drink clear liquids the entire day before your colonoscopy.
- A clear liquid diet includes:
  - Water, black coffee or tea (no milk or cream), clear broth or bouillon, Gatorade, carbonated or non-carbonated soft drinks (Coke, Sprite), strained fruit juices without pulp (apple, white grape, white cranberry), Jell-O, and popsicles. Remember, NO RED OR PURPLE LIQUIDS.
- Do not eat any solid foods.
- At 6:00 p.m., pour entire 6-ounce bottle of Suprep liquid into the mixing container provided. Add cool drinking water up to the 16-ounce line on the container and mix. Room Temperature drinking water may be used as well.
- Then drink the entire contents. Some may drink the entire 22-ounces all at once. Others find it easier to drink it slowly over 30 minutes.
- You should be done drinking your Suprep at 6:30 p.m. Then start drinking 32 ounces of water over the next hour. Be sure to complete drinking the water by 7:30 p.m.
- You will want to be near a bathroom once you start drinking your prep mixture. You will have diarrhea and will need to be able to reach a bathroom quickly. Some people may feel nauseous, bloated, or vomit while drinking the bowel preparation.

The day of your colonoscopy

- At 3:00 a.m., pour entire 6-ounce bottle of Suprep liquid into the mixing container provided. Add cool drinking water up to the 16-ounce line on the container and mix. Room Temperature drinking water may be used as well.
- Then drink the entire contents. Some may drink the entire 22-ounces all at once. Others find it easier to drink it slowly over 30 minutes.
- You should be done drinking your Suprep at 3:30 a.m. Then start drinking 32 ounces of water over the next hour. Be sure to complete drinking the water by 4:30 a.m.
- You will want to be near a bathroom once you start drinking your prep mixture. You will have diarrhea and will need to be able to reach a bathroom quickly. Some people may feel nauseous, bloated, or vomit while drinking the bowel preparation.
- Your stool should be no longer formed, but a clear or yellow liquid.
- You may drink clear liquids until two hours before your check-in time.
- Avoid red or purple liquids, dairy products, protein shakes, alcoholic beverages, chewing tobacco, and illicit drugs. The use of these will result in your colonoscopy being canceled.

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You may take your medications with a sip of water.
Remember, do not eat any solid foods.
You may want to allow extra time to travel to your appointment as you may need to stop and use a restroom along the way.

☐ Afternoon check-in
(12:00 p.m. to 3:45 p.m.)

One (1) day before your colonoscopy
- Start your clear liquid diet.
- Only drink clear liquids the entire day before your colonoscopy.
- A clear liquid diet includes:
  - Water, black coffee or tea (no milk or cream), clear broth or bouillon, Gatorade, carbonated or non-carbonated soft drinks (Coke, Sprite), strained fruit juices without pulp (apple, white grape, white cranberry), Jell-O, and popsicles. Remember, NO RED OR PURPLE LIQUIDS.
- Do not eat any solid foods.
- At 6:00 p.m., pour entire 6-ounce bottle of Suprep liquid into the mixing container provided. Add cool drinking water up to the 16-ounce line on the container and mix. Room Temperature drinking water may be used as well.
- Then drink the entire contents. Some may drink the entire 22-ounces all at once. Others find it easier to drink it slowly over 30 minutes.
- You should be done drinking your Suprep at 6:30 p.m. Then start drinking 32 ounces of water over the next hour. Be sure to complete drinking the water by 7:30 p.m.
- You will want to be near a bathroom once you start drinking your prep mixture. You will have diarrhea and will need to be able to reach a bathroom quickly. Some people may feel nauseous, bloated, or vomit while drinking the bowel preparation.

The day of your colonoscopy
- At 7:00 a.m., pour entire 6-ounce bottle of Suprep liquid into the mixing container provided. Add cool drinking water up to the 16-ounce line on the container and mix. Room Temperature drinking water may be used as well.
- Then drink the entire contents. Some may drink the entire 22-ounces all at once. Others find it easier to drink it slowly over 30 minutes.
- You should be done drinking your Suprep at 7:30 a.m. Then start drinking 32 ounces of water over the next hour. Be sure to complete drinking the water by 8:00 a.m.
- You will want to be near a bathroom once you start drinking your prep mixture. You will have diarrhea and will need to be able to reach a bathroom quickly. Some people may feel nauseous, bloated, or vomit while drinking the bowel preparation.
- Your stool should be no longer formed, but a clear or yellow liquid.
- You may drink clear liquids until two hours before your check-in time.
- Avoid red or purple liquids, dairy products, protein shakes, alcoholic beverages, chewing tobacco, and illicit drugs. The use of these will result in your colonoscopy being canceled.
- You may take your medications with a sip of water.
- Remember, do not eat any solid foods.
- You may want to allow extra time to travel to your appointment as you may need to stop and use a restroom along the way.

Notes / Other Instructions: ____________________________________________