

DIGESTIVE DISEASES SPECIALISTS, P.C.
616-942-6230
SUPREP INSTRUCTIONS FOR A COLONOSCOPY

5 days prior **CALL OUR OFFICE IF YOU TAKE COUMADIN** or other blood thinners, such as; Plavix, Effient, Xarelto, Pradaxa, Eliquis, Brilinta, etc.

2 days prior At 4:00 pm, take 2 Dulcolax(an over the counter laxative) tablets by mouth
At 7:00 pm, take 2 more Dulcolax tablets.

1 day prior **CLEAR LIQUIDS** only in the 24 hours prior to the procedure. Clear liquids may include the following: tea, Sprite, apple or white grape juice, chicken broth, Jell-O, or popsicles, A cup of coffee is permitted.

At 12 noon, take 2 Dulcolax (an over the counter laxative) tablets by mouth
At 2:00 pm, take 2 more Dulcolax tablets.

We would like you to have a "split dose" prep, please see instructions below:
Note you may mix the prep with Gatorade instead of water if preferred.

If you have an morning appointment: between 5:00 and 8:00 pm pour one 6oz bottle of Suprep liquid into the mixing container, add water to the mix, fill to the line and drink all liquid in the container. You must drink two more 16oz containers of water over the next hour. Repeat these steps in the 6 hours before the test.

If you have an afternoon appointment: between 5:00 and 8:00 pm pour one 6oz bottle of Suprep liquid into the mixing container, add water to the mix, fill to the line and drink all liquid in the container. You must drink two more 16oz containers of water over the next hour. Repeat these steps between 7:00 and 10:00 am the morning of the test.

MAKE SURE TO FINISH PREP ON THE DAY OF THE TEST. NOT THE NIGHT BEFORE!!!!

Day of: Regarding medication the day of procedure:

If you take blood pressure medication **DO** take it with a small glass of water on the morning of the test.

If you are diabetic **DO NOT** take insulin/diabetes tablets within 24 hours to your procedure.

NOTHING by mouth for three hours prior to the procedure.

DO NOT COME ALONE someone must drive you and stay with you to receive results and drive you home. Someone should also remain with you for the rest of the day.

A colonoscopy is an extremely valuable tool to help prevent colon cancer, but IT IS NOT PERFECT. complications can occur. Please call if you have any questions. If you do not receive a call from our office or the hospital within 3 days prior to your procedure please call our office to confirm.

DATE: _____ TIME _____

LOCATION: _____