



INSTRUCTIONS FOR COLONOSCOPY SUPREP® Bowel Prep Kit

It is very important that your colon be clear of all waste material. You should have received a prescription for SUPREP® Bowel Prep Kit, and should have it filled by your local pharmacy several days before your colonoscopy. You may check the SUPREP® Bowel Prep Kit website for possible Savings Vouchers <http://www.supreokit.com/>

It is important that you read the entire instruction sheet **BEFORE** you begin using the SUPREP® Bowel Prep Kit

THE DAY BEFORE YOUR EXAM:

- Start a clear liquid diet **ONLY**
- **DO NOT** eat or drink any dairy products
- **DO NOT** eat or drink anything colored red or purple (red or purple tinted liquids will look like blood during your colonoscopy)
- **DO NOT** drink alcoholic beverages

FOLLOWING LIQUIDS ARE OK TO DRINK



Water



Strained fruit juices (without pulp) including apple, orange, white grape, or white cranberry



Limeade or Lemonade (sugar free)



Coffee or tea. **DO NOT** use any dairy, non-dairy creamer, or sugar



Chicken, Beef, Vegetable broth or bullion



Sugar free Gelatin desserts without added fruit or toppings (**NO RED OR PURPLE**)



Low Calorie Gatorade or Sports Drink



Sugar Free Popsicles



Diet 7up / Diet Sprite

When to take SUPREP® BOWEL PREP KIT

SUPREP® Bowel Prep Kit is taken as a split dose (2-day) regimen. You take the first 6-ounce bottle of SUPREP® the evening before your colonoscopy and the second 6-ounce bottle of SUPREP® 5 hours prior of your colonoscopy. It is important to drink the additional water as recommended in the Instructions for Use. Both 6-ounce bottles are required for a complete prep. Your doctor will tell you when it is time to begin to take each dose.

How to take the SUPREP® BOWEL PREP KIT:

- On the evening (5-6 PM) before your procedure (or when Dr. Hall tells you to begin), complete steps 1 through 4 using one (1) 6-ounce bottle before going to bed
- 5 hours prior to your appointment, repeat steps 1 through 4 using the other 6-ounce bottle
 - This may mean you will have to get up very early in the morning.

Both 6-ounce bottles are required for a complete preparation.

IT IS IMPORTANT TO FOLLOW ALL THE STEPS BELOW COMPLETELY.

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.

NOTE: Be sure to dilute SUPREP® as shown at left before you drink it.

Step 3:



Drink ALL the liquid in the container.

Step 4:



You **MUST** drink two (2) more 16-ounce containers of water over the next 1 hour.

NOTE: You must finish drinking the final glass of water at least 2 hours, or as directed, before your procedure.

AFTER SECOND DOSE NO MORE LIQUIDS UNTIL AFTER COLONOSCOPY.

You may take your morning medications with a few sips of water,

EXCEPT FOR THE FOLLOWING:

- Diabetic medication*
- Blood Thinners (COUMADIN, PLAVIX, ETC. It is safe to stay on your Aspirin.)[†]
- ADIPEX
- Medication that needs to be taken with food

***INSTRUCTIONS FOR DIABETIC MEDICATION:**

The day **BEFORE** your colonoscopy, in the morning only take ½ of your normal dosage (if you take a whole pill in the morning, only take ½ of a pill). Then take **NO MORE** diabetic medication until after the colonoscopy. This means you will not take any diabetic medicine the day of your colonoscopy.

†INSTRUCTIONS FOR BLOOD THINNERS:

AFTER APPROVAL FROM YOUR CARDIOLOGIST(or whomever prescribes this medicine)! Stop your blood thinner (Coumadin, Plavix, Xarelto, Pradaxa, Effient, Brillianta, Eliquis, Ticlid, etc.) 5 days prior to procedure. DO NOT DO THIS WITHOUT PERMISSION FIRST! IF YOU ARE NOT SURE IF YOU HAVE PERMISSION CALL DR.HALL'S OFFICE RIGHT AWAY!

If you have to take an **antibiotic** before you get your teeth worked on due to a heart valve problem or an artificial joint, **YOU SHOULD TAKE THIS WITH A SMALL SIP OF WATER 1 HOUR BEFORE YOUR ARRIVAL FOR THE COLONOSCOPY.**