



Colonoscopy Instructions for **Suprep** Bowel Prep

Please follow the instructions below carefully. Should you need further assistance please call 208-463-3008 Monday-Friday 8am – 4pm.

1 Week Prior	5 Days Prior	1 Day Prior	Procedure Day
<p>GO to the pharmacy and fill your prescription for <u>Suprep</u>.</p> <p>** This prep may not be covered by insurance</p> <p><u>BUY ONE Bottle of Infant’s Simethicone Drops.</u></p> <ul style="list-style-type: none"> • Disregard the instructions on the box. • If you take medication to thin your blood, such as Coumadin (warfarin), Plavix (clopidogrel), Pradaxa (dabigatran), Xarelto, Eliquis, etc. ask your regular doctor whether to continue or to stop these medications. Aspirin may be continued. • Stop all supplements 7 days before your appointment. • Stop all medications that contain fiber or iron 7 days before your appointment. This includes but is not limited to multi-vitamins with iron, Metamucil, Citrucel and Fibercon. 	<p>STOP consuming all high fiber foods.</p> <ul style="list-style-type: none"> ▪ No raw vegetables ▪ No Corn (raw or cooked) ▪ No whole wheat or high fiber ▪ No nuts or popcorn ▪ No bran or bulking agents <ul style="list-style-type: none"> • A low-fiber diet is on the next page. • Last chance to cancel or reschedule your appointment. If you need to reschedule your appointment call 208-463-3104. • Remember-you must have a responsible adult to stay during your procedure, drive you home and stay with for a reasonable amount of time. (Taxi or van service may not be used) 	<p>BEGIN clear liquid diet. (No solid foods until after your procedure.)</p> <ul style="list-style-type: none"> • You may drink water, coffee or tea (without milk or non-dairy creamer), Gatorade, Pedialyte, carbonated and non-carbonated soft drinks, broth cubes, Jell-O, popsicles, clear fruit juices without pulp (apple, white grape, powdered lemonade) • No red or purple liquids • No solid foods • Drink at least 8 glasses of water throughout the day. • At 5:00 pm start your prep: <ol style="list-style-type: none"> 1. Pour one 6-ounce bottle of SUPREP liquid into the mixing container and add 6 droppers of the Simethicone drops 2. Add water to the 16- ounce line on the container and mix. Drink all of the liquid 3. Drink 32 more ounces of water of clear liquid of your choice over the next hour. • If you experience nausea or vomiting, rinse your mouth with water and take a 15 – 30 min break. It is important to complete the prep by drinking ALL of the solution. 	<ol style="list-style-type: none"> 1. Six hours before your procedure repeat SUPREP. 2. Pour one 6-ounce bottle of SUPREP liquid into the mixing container and add 6 droppers of Simethicone drops 3. Add water to the 16-ounce line on the container and mix. Drink all the liquid. 4. Drink 32 more ounces of water of clear liquid of your choice over the next hour. <ul style="list-style-type: none"> • After your prep, NOTHING BY MOUTH. • You may take your morning medications with a sip of water. • Be sure to bring: <ul style="list-style-type: none"> ○ A responsible driver ○ Insurance card ○ Photo ID <p>You cannot drive the remainder of the day.</p>



Colonoscopy Instructions for **Miralax** Bowel Prep

Please follow the instructions below carefully. Should you need further assistance please call 208-463-3008 Monday-Friday 8am – 4pm.

1 Week Prior	5 Days Prior	1 Day Prior	Procedure Day
<p>Purchase the following:</p> <p>1- Box Dulcolax Laxative tablets 1-Bottle of Infant’s Simethicone Drops. 1- 238 gram (8.3 ounce) bottles of Miralax (Generic is ok) 1- 64 oz bottles of Gatorade/Powerade (Not red or purple)</p> <ul style="list-style-type: none"> If you take medication to thin your blood, such as Coumadin (warfarin), Plavix (clopidogrel), Pradaxa (dabigatran), Xarelto, Eliquis, etc. ask your regular doctor whether to continue or to stop these medications. Aspirin may be continued. Stop all medications or supplements that contain fiber, iron, fish oil or Vitamin E 7 days before your appointment. This includes multi-vitamins with iron, Metamucil, Citrucel and Fibercon. 	<p>AVOID all high fiber foods.</p> <ul style="list-style-type: none"> No raw vegetables No Corn (raw or cooked) No whole wheat or whole grains No nuts, seeds or popcorn No bran or bulking agents <p>Low-fiber diet guidelines are attached.</p> <ul style="list-style-type: none"> You must have a responsible adult to drive you home and stay with you for a reasonable amount of time. (Taxi or van service may not be used) 	<p>BEGIN clear liquid diet. (No solid food until after your procedure.)</p> <ul style="list-style-type: none"> You may drink water, coffee or tea (without milk or non-dairy creamer), Gatorade, Pedialyte, carbonated and non-carbonated beverages, broth cubes, Jell-O, popsicles, clear fruit juices without pulp (apple, white grape, powdered lemonade) No red, or purple liquids No solid foods Drink at least 8 glasses of water throughout the day- this helps to ensure your colon is cleaned out. At 3:00 PM Take 4 Dulcolax (bisacodyl) 5 mg tablets with 8 ounces of water At 5:00 pm start your prep: <ol style="list-style-type: none"> Mix entire 238 gram bottle of Miralax in 64 ounce bottle of Gatorade. Add 12 full droppers of the Simethicone drops. Drink 8 oz every 10-15 minutes until half (32 ounces) of the solution is gone. If you experience nausea or vomiting, rinse your mouth with water and take a 15 – 30 min break. It is important to complete the prep by drinking ALL of the solution. 	<ul style="list-style-type: none"> Six hours before your procedure repeat Miralax. <ol style="list-style-type: none"> Drink the remaining 32 ounces of solution. Drink an 8 ounce glass of the solution every 15 minutes until it is gone. After your prep, stop drinking all liquids. You may take your morning medications with a sip of water. Be sure to bring: <ul style="list-style-type: none"> A responsible driver Insurance card Photo ID You cannot drive the remainder of the day. If you have followed the instructions and your stool is clear or yellow liquid, you are ready for your exam. If you are unsure of your colon cleansing, call the procedure center at 208-463-3008

