

# Colonoscopy with SuPrep

## 3 Days Before Your Procedure

### Avoid certain foods

You should follow a low-fiber diet starting 3 days before your colonoscopy. During this time, do not eat:

- Raw (fresh) fruits and vegetables.
- Whole kernel corn, including canned corn
- Whole grains (such as oatmeal, brown rice, quinoa, or wheat bread)
- Seeds (such as poppy or sesame)
- Nuts

## 1 Day Before Your Procedure

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NO SOLID FOOD

NO ALCOHOL

DIABETICS: Do NOT take oral medication Diabeta, Glucophage, Metformin or Januvia. Take ½ of your regular insulin dose.

- If you are insulin dependent, do not take your morning dose of insulin.
- You must check your blood sugar before leaving home. If your level is above 300, please take your Regular insulin according to your sliding scale.
- Please bring your insulin with you to the procedure center.

**Starting the day before your procedure, do not eat anything. Follow a clear liquid diet.**

A clear liquid diet includes only liquids you can see through. While you're following this diet:

- Don't eat any solid foods.
- Try to drink at least 1 (8-ounce) glass of clear liquid every hour you're awake.
- Drink plenty of liquids other than water, coffee, and tea.
- Don't drink anything red or purple.
- See back for list of approved clear liquids

## **APPROVED CLEAR LIQUIDS – No RED or PURPLE**

- Gatorade or PowerAde
- Clear broth or bouillon – chicken or beef
- Coffee or Tea (no milk or non-dairy creamer)
- Carbonated and Non-carbonated beverages
- Kool-Aid or Crystal Light
- Strained Fruit Juices
- Jell-O, Popsicles or Italian Ice

## SUPREP bowel preparation

You will drink a large amount of cool liquid for your SUPREP bowel preparation. This may cause bloating or discomfort in your abdomen (belly), nausea, or a headache. These things aren't cause for alarm. If you have pain in your abdomen or vomit, call your doctor.

Do your SUPREP bowel preparation in 2 parts.

**At 5:00 PM the evening before your procedure, start drinking the first part of your SUPREP bowel preparation.**

Empty 1 (6-ounce) bottle of SUPREP liquid into the mixing container.

1. Add cool drinking water up to the 16 ounce line on the container. Mix.
2. Drink all of the liquid in the container.
3. Drink 2 more 16-ounce containers of water (32 ounces total) over the next hour. You don't need to drink the water all at once, but it's important to finish all 32 ounces over the next hour.
4. After you finish all 32 ounces of water, you can keep drinking other clear liquids until 3 hours before your scheduled arrival time.

## **The Day of Your Procedure**

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NO SOLID FOOD

NO ALCOHOL

DIABETICS: Do NOT take oral medication Diabeta, Glucophage, Metformin or Januvia. Take ½ of your regular insulin dose.

- If you are insulin dependent, do not take your morning dose of insulin.
- You must check your blood sugar before leaving home. If your level is above 300, please take your Regular insulin according to your sliding scale.
- Please bring your insulin with you to the procedure center.

All patients may take morning medications with sips of water.

You will repeat steps 1 to 4 for the second part of your SUPREP bowel preparation. **The time you start drinking the second part of your SUPREP bowel preparation depends on your scheduled procedure time.**

- At                      (4 hours before your scheduled procedure time) drink the second part of your SuPrep.
- You may continue clear liquids until 3 hours prior to your procedure.

**Drinking liquids within 3 hours will cause us to cancel or postpone your procedure. \*\*Also, no gum, hard candy, mints or tobacco products are allowed within 3 hours of your procedure.**

**If you have questions about this colon cleansing, please call our office at 330-869-0124 for assistance.**