

Colonoscopy and Prep Instructions

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General Surgery

Your colonoscopy appointment:

Date: _____

Time: _____

Location: Minden Medical Center

If you are taking any blood thinners such as:

- Coumadin
- Aggrenox
- Effient
- Plavix
- Pradaxa
- Aspirin

Stop taking them 5 DAYS *before* your procedure.

THE DAY BEFORE YOUR PROCEDURE

Stick to a liquid diet. You can have:

- Jello
- Apple Juice
- Broth
- Coffee (no creamer)
- Tea
- Soft drinks
- Gatorade
- Popsicles

NO RED OR PURPLE LIQUIDS!

NO MILK PRODUCTS, OR ALCOHOL!

PREP INSTRUCTIONS

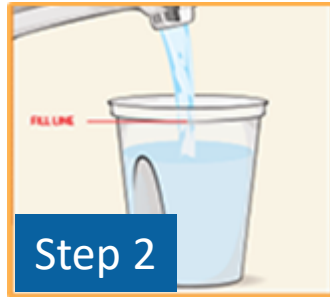
***Do not follow instructions on the box!**

5:00 pm: mix and drink your first dose of the prep.



Step 1

Pour 1 6-ounce bottle of SUPREP into the mixing container.



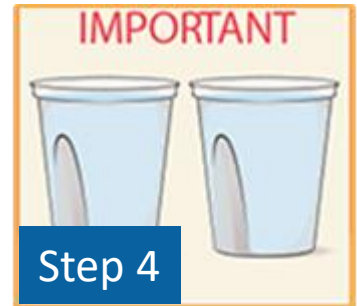
Step 2

Add cool drinking water to the 16-ounce line and mix.



Step 3

Drink **ALL** the liquid in the container.



Step 4

You must drink two more 16-ounce containers of water over the next hour.

NOTE: Dilute the solution concentrate as directed prior to use.

9:00 pm: mix and drink your second dose of the prep. Continue liquids until bedtime.

*****DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT*****

THE DAY OF YOUR PROCEDURE

- You may take blood pressure and/or heart medication in the morning with a very small sip of water.
- Bring someone to drive you home due to the sedation given during the procedure.