

Prepare for Your Colonoscopy: SUPREP®

Colonoscopies can help find colon cancer. To get ready, you will take something called SUPREP®. This will clean out your colon so that the doctor can do the colonoscopy.

- If you take a blood thinner or an antiplatelet, talk to your doctor to find out if you should stop taking it before your colonoscopy.
 - Some examples of blood thinners: warfarin, Eliquis® (apixaban), Pradaxa® (dabigatran), Savaysa® (edoxaban), Xarelto® (rivaroxaban), Lovenox® (enoxaparin), Fragmin® (dalteparin), Arixtra® (fondaparinux), or heparin.
 - Some examples of antiplatelets: aspirin, Plavix® (clopidogrel), Effient® (prasugrel), Brillinta® (ticagrelor), Pletal® (cilostazol), Persantine® (dipyridamole), Aggrenox® (aspirin/dipyridamole), or Trental® (pentoxifylline).
- The SUPREP® will come with instructions. Follow those instructions to mix the drink only.
Follow the instructions below to drink the mixture.

If you have diabetes, see the “Prepare for your Colonoscopy: SUPREP® Patients with Diabetes” sheet.

7 Days Before Your Colonoscopy

- Stop taking iron pills if you take any.
- **Stop eating nuts, seeds, and popcorn.**
- Take all of your regular medicines unless your doctor has told you not to.

The Day Before Your Colonoscopy

- Follow the directions that came with the SUPREP® to mix it in the mixing container.
- Drink at least **8 ounces of clear liquids each hour you are awake** during the day. 8 ounces is the same as 1 cup. You can use a liquid measuring cup to measure.

Examples of clear liquids:

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|----------------|--|
| – Pop | – Gatorade® |
| – Clear juices | – Popsicle® |
| – Propel® | – Jell-O® |
| – Water | – Black coffee or tea (plain with sugar or sweetener only) |

- **Do not eat or drink anything that is red, orange, or purple.**
- Do not eat any solid food.



At 6:00 PM:

1. Drink 1 container of the mixed SUPREP®.
2. Refill the mixing container with water. Drink the whole container of water.
3. Refill the mixing container **again** with water. Drink the whole container of water.

Complete these steps by 7:30 pm.

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The Day of Your Colonoscopy

If your colonoscopy is in the morning, at 3:00 am the day of your colonoscopy:

1. Drink the 2nd container of mixed SUPREP®.
2. Refill the mixing container with water.
 - Drink 2 of these by 4:30 am.

Stop drinking everything at least 3 hours before your colonoscopy.

You can have clear liquids until 3 hours before your colonoscopy.

Take all of your medicine with just 1 or 2 sips of water.

If your colonoscopy is in the afternoon, at 6:00 am the day of your colonoscopy:

1. Drink the 2nd container of mixed SUPREP®.
2. Refill the mixing container with water.
 - Drink 2 of these by 7:30 am.

Stop drinking everything at least 3 hours before your colonoscopy.

You can have clear liquids until 3 hours before your colonoscopy.

Take all of your medicine with just 1 or 2 sips of water.

Things to Remember for Your Colonoscopy

- **You must come with someone who will bring you home. They must stay for the whole colonoscopy.**
- If you have an inhaler, bring it with you.
- You can brush your teeth or dentures as normal.
- Leave all valuables at home.
- Tell your nurse or doctor if you have a pacemaker, defibrillation device, insulin pump, or any implanted device.
- Bring your photo ID and insurance card.
- Bring a list of your current medicines.