

SUPREP® Bowel Prep

Your surgeon has recommended that you do a split dose or 2-day bowel prep to prepare for your colonoscopy. The second half of the prep is most effective in eliminating the remaining stool left in your colon. If the bowel preparation is inadequate, it will obscure visualization and make it dangerous to advance the scope through your colon. In these cases, the colonoscopy cannot be completed and must be rescheduled - causing you to repeat the bowel prep. Additionally, poor bowel prep may not allow for detection of small or flat adenomas, defeating the purpose of the exam. Please follow these instructions to prepare for your colonoscopy:

At Least One Week Before Your Colonoscopy:

- ☐ Purchase your SUPREP® Bowel Prep Kit. A prescription has been sent to your pharmacy.
- ☐ Arrange for someone to drive you home after your colonoscopy. You cannot take a taxi, Uber, or public transportation. There are NO EXCEPTIONS. **If you are unable to find a driver, your test will be canceled.**
- ☐ If you are taking a blood thinner such as, Coumadin® (Warfarin), Plavix® (Clopidogrel), Xarelto® (Rivaroxaban), Effient® (Prasugrel), please contact your primary doctor. It is preferred that you be off of blood thinners for 3-days prior to your colonoscopy, but you should NOT stop taking your medication unless instructed to do so by your primary care physician. It is OK to continue taking Aspirin.
- ☐ If you are diabetic, please call your primary physician about insulin management and any other instructions.

If you have a history of marijuana, cocaine or other street drug use, you will be asked to take a drug test prior to your procedure. A positive drug screen may cause your procedure to be canceled.

Patients using a generic or substitute bowel prep (GaviLyte®, GoLYTELY®, or MiraLAX®) should still use the split-dose method outlined on the next page.

The Day Before Your Colonoscopy:

- ☐ Begin a clear liquid diet: clear soups or broth, Jell-o® (NO RED or PURPLE), soda, black coffee or tea, clear fruit juice or Gatorade®. NO SOLID FOODS, ORANGE JUICE, MILK or DAIRY products from the time you wake up in the morning until after your colonoscopy.
- ☐ **At 6pm:** Take your first dose of SUPREP® Bowel Prep
 - » Pour ONE six-ounce bottle of SUPREP® liquid into the mixing container
 - » Add cool water to the 16 ounce line on the container and mix
 - » Drink ALL of the liquid in the container
 - » Drink TWO 16 ounce containers of water with in one-hour of finishing the SUPREP® mixture
- ☐ Take any routine medications

The Day of Your Colonoscopy

- ☐ **4 Hours Before You Leave Your House for Your Appointment:** Take your second dose of SUPREP®
 - » Pour ONE six-ounce bottle of SUPREP® liquid into the mixing container
 - » Add cool water to the 16 ounce line on the container and mix
 - » Drink ALL of the liquid in the container
 - » Drink TWO 16 ounce containers of water with in one-hour of finishing the SUPREP® mixture. **You must finish drinking the final glass of water at least 2 hours before your colonoscopy.**

Call Your Surgeon's Office for All Questions and Concerns

Office: 314-454-7177 (Monday - Friday, 8am to 4pm)

Exchange: 314-362-1242 (after hours, holidays and weekends)

Fax: 314-454-5249

Mailing Address: 660 S. Euclid Ave., Mailstop 8109-37-915, St. Louis, MO 63110

ColonRectalSurg.wustl.edu