

**Gastroenterology Specialties, PC**  
**SUPREP Split Dose Instructions – Dr. M. Griffin**

**\*\*IMPORTANT COLONOSCOPY DIET & PREP INSTRUCTIONS \*\***

**General instructions for Colonoscopy**

1. You will be contacted the week prior to the procedure to review your medical history, unless you have been seen in the office within 30 days.
2. Have a list of your medications available when the nurse calls. Medication instructions will be given to you at that time.
  - **Blood thinning medications such as Warfarin (Coumadin), Plavix, Pletal, Heparin, Aggrenox or Effient MAY need to be held for 5 days prior to the procedure.**
3. Do not stop any medications prior to your procedure unless you have been instructed to do so.
4. The prescription for your bowel prep will be sent to the pharmacy of your choice after you have been contacted for medical history and instructions.
5. **NO FLAX SEEDS, CHIA SEEDS OR FOODS CONTAINING SMALL SEEDS FOR 5 DAYS PRIOR TO YOUR PROCEDURE.**

**THE DAY PRIOR TO YOUR PROCEDURE:**

1. **CLEAR LIQUIDS ONLY** for **THE ENTIRE DAY** prior to your procedure. Clear liquids include water, broth, clear juices without pulp, black coffee, tea, sports drinks, flavored waters, Kool-Aid, soda and Jell-O (no fruit or toppings). Drink as much as possible throughout the day. Nothing red, blue or purple colored. **NO SOLID FOODS, MILK OR DAIRY PRODUCTS.**
2. **SUPREP INSTRUCTIONS:**
  - At 5:00PM, pour one (1) 6 oz bottle of Suprep into the plastic container provided. Add cool drinking water to fill container to the top 16oz fill line and mix. Drink all of the liquid from the container.
  - Drink two (2) more 16oz containers of water over the next hour.
  - Continue to drink clear liquids the rest of the evening to prevent dehydration.

**THE DAY OF YOUR PROCEDURE:**

1. Four (4) hours before your check-in time, pour one (1) 6 oz bottle of Suprep into the plastic container provided. Add cool drinking water to fill container to the top 16oz fill line and mix. Drink all of the liquid from the container. Follow with two (2) more 16oz containers of water over the next hour.
2. You may continue the clear liquid diet until 2 hours prior to your procedure, and then stop drinking.
3. Take only the medications you have been instructed to take prior to your procedure.
4. If you are diabetic, check your blood sugar before you come and bring the result with you.
5. You **MUST** bring a responsible adult to drive you home after your procedure. No public transportation.
6. Please review your post-procedure instructions before resuming any medications.