

SUPREP: PREPARATION INSTRUCTIONS FOR COLONOSCOPY

DIGESTIVE DISEASE PHYSICIANS, PC

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ONE WEEK BEFORE YOUR PROCEDURE: Discontinue the use of iron tablets, ibuprofen, naproxen, aspirin or products containing aspirin unless otherwise instructed by your physician. Tylenol is allowed.

___ CONTINUE taking aspirin prior to the procedure.

___ Please **discontinue aspirin prior to your procedure as instructed.**

___ Other: _____

THREE DAYS BEFORE YOUR PROCEDURE:

(See Chart for food suggestions)

- **DO NOT EAT** - seeds, nuts, raw vegetables, salads, beans, raisins, dried fruits or fiber supplements including high fiber cereals.
- **No spinach, collard greens, corn, popcorn and kale.**
- You may have canned fruit or fruit that is peeled and seedless.

ONE DAY BEFORE YOUR PROCEDURE:

- Begin your “**PRE-COLONOSCOPY DIET**” (see chart for diet suggestions) in the morning and continue this diet **THE ENTIRE DAY.**

PRE- COLONOSCOPY DIET

- Water, clear juices such as apple or white grape
- Clear or lemon-lime Gatorade (No red, orange, purple or blue)
- Black coffee or tea (No creamers, dairy, non-dairy additives)
- No dairy products – **NO ALMOND OR SOY MILK**
- Hard candies (No red, orange, purple or blue)
- Soda (No red, orange, purple or blue)
- Clear bouillon / clear broth
- Yellow or green Jell-O (No red, orange, purple or blue)
- Fruit flavored popsicles (No red, orange, purple or blue)

FIRST DOSAGE: (DISREGARD BOX INSTRUCTIONS)

AT 5:30 PM THE NIGHT BEFORE YOUR PROCEDURE BEGIN DRINKING THE SUPREP SOLUTION.

- Pour one 6 oz bottle of SUPREP liquid into the mixing container (that comes with your prescription).
- Add **cool** drinking water to the 16 oz line on the container and mix. (Make sure to dilute the solution as directed prior to drinking)
- Drink **ALL** the SUPREP solution in the container over the course of 60 minutes. It is suggested to drink slowly rather than rapidly.
- Now drink 32 oz of water over the course of 60 minutes.
- Continue drinking clear liquids until bedtime.

****TIPS FOR DRINKING SUPREP****

- **DRINK SUPREP THROUGH A STRAW**
- **SUCK ON A JOLLY RANCHER OR LOLLIPOP WHILE DRINKING SOLUTION. (NO RED, ORANGE, PURPLE OR BLUE)**
- **EAT A SMALL TEASPOON OF LEMON OR COCONUT SORBET AFTER EACH SIP TO CLEANSE YOUR PALATE.**

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SECOND DOSAGE:

MORNING OF PROCEDURE

AT ____AM BEGIN MIXING AND THEN DRINK YOUR SUPREP LIQUID. **6 HOURS PRIOR TO YOUR PROCEDURE**

- ____AM FINISH SUPREP LIQUID
- ____AM BEGIN DRINKING 32 OZ OF WATER
- FINISH DRINKING 32 OZ OF WATER BY ____AM
- You must complete the entire prep to ensure the most effective cleansing.
- Nothing to drink or eat after completing prep.

VERY IMPORTANT!!! NOTHING to drink at least 3 hours prior to procedure time. This includes water.

(The following are some SUGGESTIONS of foods you can eat the 3 days and 2 days prior to your procedure)

Fruits (seedless and without the peel)	Vegetables (cooked)	Meat, Poultry, Seafood	Other	Low fiber cereals etc. (less than 5grams of fiber)
apples	carrots	Turkey	White breads	Rice crispies
bananas	potatoes	Bacon	White pasta	cornflakes
Pears	squash	Sausage	White rice	Special k
cantaloupe	zucchini	Ham	Dairy Products	Cream of wheat
Oranges	pumpkin	Chicken	Pizza	Frosted flakes
Honey Dew melon	kumara	Seafood	Chocolate (no nuts)	Cocoa puffs
watermelon	mushrooms	Beef		Kix
	asparagus	Veal		Golden grahams
	eggplant	Eggs		White rice

Vegetarians

(NO TOFU or DARK LEAFY GREEN VEGETABLES)

Vegan soups (less than 5 grams of fiber and not whole grain)
Vegan Breads (less than 5 grams of fiber and not whole grain)
Cooked vegetables (reference list above)
Fruits (reference list above)

CLEAR LIQUID DIET

(The following are some SUGGESTIONS of things you can have **ONE** day prior to your procedure. **No red, orange, purple, or blue. NO DAIRY PRODUCTS (ALMOND OR SOY MILK NOT ALLOWED). BROTH MUST BE CLEAR. NO PROTEIN OR POWDER SHAKES.)**

Coke	Sprite	Jell-O	Vegetable Broth
Diet Coke	Ginger Ale	Italian Ice	White Grape Juice
Diet Pepsi	Sierra Mist	Popsicles	Apple Juice
Pepsi	Black Coffee	Chicken Broth	
Root Beer	Tea	Beef Broth	