

GASTROENTEROLOGY AND HEPATOLOGY CENTER
Sanjeev M. Wasan, M.D., PLC
19420 Golf Vista Plaza, Suite 230, Lansdowne, VA 20176
Phone: 703-724-4480 Fax:703-724-7743
www.gihepcenter.com

Suprep preparation for Colonoscopy Procedure Split dose

*****Please read 2 weeks prior to your appointment*****

****Go to your local pharmacy and fill your Suprep prescription in advance**

Restrictions beginning 5 days prior to procedure

Blood thinners: Stop taking aspirin and aspirin type products **5 days** before procedure unless directed otherwise. Avoid aspirin, Advil, Motrin, Aleve, Excedrin, iron pills, arthritis medications, NSAIDS or any similar medications for 5 days prior to the procedure. Tylenol is permitted. **Please stop taking** Coumadin, Pradaxa, Xarelto, Effient, Plavix, or Eliquis 5 days prior to procedure unless otherwise directed.

Supplements and Vitamins: Stop taking any herbal medications, Vitamin E, Fish Oil, Multi Vitamins, etc. 5 days prior to procedure unless otherwise directed.

Alcohol: Do not drink alcohol or alcohol products starting 5 days before procedure.

Blood pressure/Heart Disease/Asthma meds: It is highly recommended that you take your medication for heart disease, high blood pressure and asthma the morning of your procedure. Pills can be taken with a small sip of water, please take them at least 4 hours prior to your procedure that day. Bring your inhalers to the Facility as well. All other medications should be brought to the facility to be taken after your procedure.

****Hold Diabetes medications the morning of the procedure if you have diabetes****

DO NOT eat food containing seeds, beans, nuts, corn, pepper, lettuce, raw vegetables and the skin of fruits for **5 days** prior to the procedure.

On the **day before** your procedure you may have **Only clear liquids all day as soon as you wake up regardless of the time of the procedure.** (See list below) **No Solid foods allowed!!**

CLEAR LIQUIDS ALLOWED: Any liquids that are not red or purple in color and do not contain solid food. Liquids that are acceptable are: water, black coffee, clear tea, coffee substitutes, carbonated beverages (i.e. cola, ginger ale, etc.), Jell-O gelatin without food particles, ices, clear fruit juices, broth, bouillon, Gatorade, PowerAde and similar products. Avoid all milk products.

***INABILITY TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN THE CANCELLATION OF PROCEDURE AND SUBJECT TO THE CANCELLATION FEE*. Please call our office if you have any questions.**

Page 2

****Colonoscopy Preparation Instructions****

Please follow our instructions and not those on the Suprep box

1 DAY PRIOR TO EXAM:

STEP 1: At **5:00 PM** the night before your procedure, begin drinking the 1st dose of prepared solution.

- Pour one 6 ounce bottle of Suprep liquid into the mixing container.
- Add cool drinking water to the 16 ounce line on the container and mix.
- Drink all the liquid in the container within 30 minutes.
- **IMPORTANT!** You must drink 2 more 16 ounce containers of water over the next one hour.
- You may continue to drink clear liquids ONLY, for the rest of the evening.

DAY OF EXAM:

STEP 2: At **6 hrs before** your procedure time, begin drinking the 2nd dose of prepared solution.

- Pour one 6 ounce bottle of Suprep liquid into the mixing container.
- Add cool drinking water to the 16 ounce line on the container and mix.
- Drink 8 ounces, wait 15 mins, then proceed to drink the remaining 8 ounces.

IMPORTANT! You must drink 2 more 16 oz containers of water over the **next 1 hour**.

REMINDER!*DO NOT HAVE ANYTHING BY MOUTH FOR AT LEAST 4 HOURS PRIOR TO YOUR PROCEDURE TIME! (NOT EVEN WATER)**

Please follow additional instructions if box is checked:

- 4 nights prior, take 1 full dose of Miralax nightly
- 2 nights prior, take 2 pills of Dulcolax (Bisacodyl) 5mg laxative tablets.
- 1 day prior, take 1 bottle of magnesium citrate at 8 am.
- 1 day prior, take 2 pills of Dulcolax (Bisacodyl) 5mg laxative tablets at 8am.
- 1 day prior, take 2 pills of Dulcolax (Bisacodyl) 5mg laxative tablets at 12pm.

***** Arrive for your Colonoscopy ON TIME! (1 hr prior to procedure start time)**

****Please arrange for a reliable adult (18 or older) to drive you to and from the procedure. You may not go home in a Taxi, Uber, Lyft or bus. OPERATING A VEHICLE or any other machinery is PROHIBITED for the remainder of the day after the procedure because of the effects of the medications used for sedation. *INABILITY TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN THE CANCELLATION OF PROCEDURE AND SUBJECT TO THE CANCELLATION FEE*. Please call our office if you have any questions.**