



SUPREP Bowel Prep Instructions

General Guidelines for Your Colonoscopy

Why It Is Performed:

A colonoscopy is an endoscopic procedure used to examine the large intestine. Your doctor may recommend this procedure for:

- Changes in your bowel habits
- Blood in your stool
- Unexplained anemia
- Screening for colon cancer

Before the Procedure:

- You will receive a phone call by 6 PM the night before the procedure to let you know what time to arrive.
- Arrival times are given to admit you to the unit and prepare you for your procedure. It is important that you arrive on time. Please note: This unit treats both inpatients and outpatients, and emergencies may arise that could cause delays. Please be patient; we will provide you with the best care when it's your turn. Due to the unpredictable nature of procedure units, be prepared to spend the day here.
- Do not bring any valuables or wear jewelry on the day of your procedure, as there is no space to secure belongings.
- **You will receive medication to help you sleep during the procedure, so it's essential to have someone accompany you to take you home. For your safety, you cannot drive or use public transportation alone for 24 hours following the procedure. Please make sure you have a responsible adult available to drive you to and from the appointment. Without confirmation of a post-procedure driver, we will be unable to proceed with the procedure.**

5 Days Before Your Procedure:

- Read all prep instructions.
- Contact your prescribing physician for instructions on blood thinners.



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- Stop herbal, oil-based vitamins and iron supplements.
- Stop all fiber supplements such as Metamucil (psyllium), Citrucel (methylcellulose), Fibercon (polycarbophil), Benefiber (wheat dextrin), and Konsyl (psyllium hydrophilic mucilloid).
- Stop all medications that stop diarrhea such as Imodium (loperamide), Kaopectate (bismuth subsalicylate), and Pepto-Bismol (bismuth subsalicylate).
- Do not take vitamin E, multivitamins, or iron tablets unless otherwise instructed.
- Avoid salads or high-fiber foods, including nuts, seeds, and popcorn.
- Avoid hard fruits and vegetables.

Day Before the Procedure:

- **Do not eat any solid food.**
- Drink clear liquids only for breakfast, lunch, and dinner, and drink at least 8 ounces of clear liquids every hour while awake.
- Acceptable liquids include:
 - Water (plain, carbonated, or flavored)
 - Fruit juices without pulp (e.g., apple or white grape juice)
 - Fruit-flavored beverages
 - Carbonated drinks (including dark sodas like cola and root beer)
 - Gelatin (not red or purple)
 - Tea or coffee without milk or cream
 - Sports drinks (not red or purple)
 - Clear, fat-free broth (bouillon or consommé)
 - Honey or sugar
 - Hard candy (e.g., lemon drops, peppermint rounds)
 - Ice pops without milk, bits of fruit, seeds, or nuts

Taking SUPREP Bowel Prep Kit:



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When to Take SUPREP Bowel Prep Kit:

- SUPREP Bowel Prep Kit is taken as a split-dose (2-day) regimen. Take the first 6-ounce bottle of SUPREP the evening before your colonoscopy (5-6 PM) and the second 6-ounce bottle the morning of your colonoscopy 4 hours before your arrival time, or as otherwise directed by your physician. It is important to drink the additional water as recommended in the instructions.

How to Take SUPREP Bowel Prep Kit:

- In the evening before your procedure: Complete steps 1 through 4 using one (1) 6-ounce bottle before going to bed.
 - In the morning on the day of your procedure, repeat steps 1 through 4 using the other 6-ounce bottle.
1. Pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container.
 2. Add drinking water to the 16-ounce line on the container and mix. **Note:** Be sure to dilute SUPREP as shown before you drink it.
 3. Drink ALL the liquid in the container.
 4. You must drink two (2) more 16-ounce containers of water over the next 1 hour. **Note:** You must finish drinking the final glass of water at least 2 hours, or as directed, before your procedure.

Finish Drinking 4 Hours Before Your Arrival Time

Important: You must take all of the prep solution as directed to clean your bowel adequately. Even if you are passing clear liquid, continue taking the entire dose of the prep.

Day of Procedure:

- No solid food or alcohol.
- Do not drink anything unless you are still completing the SUPREP prep.
- No gum or breath mints.

Medications:

- **Do not eat or drink anything** except for your needed medications with a sip of water early in the morning.



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- If you are taking medications for high blood pressure, seizures, thyroid, or prednisone, you may take them the morning of the procedure or at least 2 hours before the procedure with a small sip of water.
- If you are diabetic:
 - If you take a “sugar” pill, do not take it on the day of your procedure.
 - If you are taking regular insulin (R), do not take it on the day of your procedure.
 - If you are taking any other insulin preparation, please contact your prescribing physician for instructions.
- If you are taking Coumadin (Warfarin), Plavix (clopidogrel), or other blood thinners, contact your prescribing physician for instructions on when to stop taking this medication.
- If you take aspirin daily, continue taking it as prescribed.
- Inform your doctor of any allergies.

During the Colonoscopy:

- An IV will be started to administer fluids, medications to put you to sleep, and other necessary medications.
- Once you are asleep, the doctor will perform a digital rectal exam using a gloved, lubricated finger.
- The colonoscope will pass through your rectum and colon to the cecum. A video camera on the colonoscope will display images of your colon on a monitor for the doctor to view.
- Your colon will be inflated with air or carbon dioxide (CO₂) to improve visibility.
- A biopsy may be performed if needed, using instruments passed through the colonoscope to obtain tissue samples for lab testing.

After the Procedure:

- Once the procedure is finished, you will recover from anesthesia in the recovery area. Your doctor will discuss the procedure results with you. It is common to forget some of the conversation due to anesthesia, so having a family member present is advisable.
- Do not drive, operate heavy machinery, or drink alcohol for 24 hours after your procedure. Rest at home.



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- We recommend eating something light, such as scrambled eggs, toast, or a sandwich, since you haven't eaten for over 8 hours. Avoid fried or fatty foods and large meals initially. You may eat more once you've tried something light and tolerated it well. You may also have excess gas, so avoid foods that cause additional gas, like beans or carbonated beverages.

Call Your Doctor Immediately If You Experience:

- Severe or persistent abdominal pain that doesn't improve by passing gas
- Rectal bleeding that turns the entire toilet bowl red
- Fever over 101.5°F or chills
- Vomiting blood or black, coffee ground-like material
- Severe dizziness, fainting, or chest pain

Common Side Effects:

- Nausea or vomiting
- Excessive gas, bloating, or cramping

Note: These symptoms should improve with each day. If they are more severe or last longer than expected, contact your doctor.

Medications After Discharge:

- You can resume your daily medications following the procedure. If you are taking any blood-thinning medications, discuss with your doctor when to resume them.

Commonly Prescribed Blood Thinners:

- Rivaroxaban (Xarelto)
- Dabigatran (Pradaxa)
- Apixaban (Eliquis)
- Heparin
- Warfarin (Coumadin)
- Clopidogrel (Plavix)
- Aspirin (acetylsalicylic acid)



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- Enoxaparin (Lovenox)
- Ticagrelor (Brilinta)

Follow-Up:

- Contact your physician to schedule a follow-up appointment.

FAQs:

Has colonoscopy been shown to be effective in preventing colon cancer?

Yes, colonoscopy is effective in detecting and removing polyps and early cancers, reducing the incidence and mortality of colon cancer.

Are there other methods to examine the colon besides colonoscopy?

Yes, but none are considered more accurate for detecting colon cancer and polyps than colonoscopy.

Is colonoscopy painful?

No, it is usually not painful as it is done with IV sedation.

I forgot I wasn't supposed to eat seeds or I ate something on the restricted list. Can I still do my colonoscopy the next day?

Yes, usually one or two dietary mistakes won't ruin the preparation or the ability to perform the colonoscopy. However, notify your doctor before the procedure.

What can I do if I don't like the taste of the preparation?

You can add a flavor packet, use a straw, hold your nose, or suck on hard candies to improve the taste. Menthol cough drops may also help numb your taste buds.

When will I start having bowel movements, and what should I do if I don't have a bowel movement?

It varies, but once it starts, expect frequent bowel movements that will gradually become clearer. You must finish the entire prep, even if your output is clear, to avoid rescheduling your procedure.



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