

Colonoscopy (SuPrep and Dulcolax) Double Prep Sheet

****Make sure to carefully read these instructions at least 5 days before your colonoscopy****

INFORM YOUR DOCTOR IF YOU TAKE: DIET, WEIGHT LOSS PILLS/SUPPLEMENTS, PRADAXA, XARELTO, IRON, COUMADIN, WARFARIN, OR ANY BLOOD THINNERS

(Stop diet pills **7 days** before your procedure. Stop taking Iron **5 days** before your procedure)

You need to purchase the following:

- **SUPREP Bowel Prep Kit.** It is available by prescription
- **4 Dulcolax tablets (OTC)**
- Plenty of clear liquids (see below for clear liquid items)

The day before your procedure:

- Start a clear liquid diet in the morning. **NO SOLID FOODS**
- At **12:00 PM** - take **2** Dulcolax tablets with 8 oz of water
- At **2:00 PM** - pour one 6-ounce bottle of the SuPrep liquid into the mixing container. Add cool water to the container and fill to the 16-ounce line on the container and mix well. Drink **ALL** the liquid in container. You must drink **2 more** 16-ounces containers of water over the next **1 hour**.



The day of your procedure:

- 8 hours before your procedure:** take the other **2** Dulcolax with another **8 oz** of water.
- 6 hours before your procedure:** repeat the steps from above. Pour one 6-ounce bottle of the SuPrep liquid into the mixing container. Add cool water to the container and fill to the 16-ounce line on the container and mix well. Drink **ALL** the liquid in container. You must drink **2 more** 16-ounces containers of water over the next **1 hour**.
- If you are on diabetic pills, **DO NOT** take them on the day of your procedure.

Expected Stool Color Changes During Bowel Preparation



Medications:

For Diabetics:

If you are diabetes pill, do **not** take them the morning of your colonoscopy

Avoid drinking diet or sugar free drinks as that will cause your blood sugar to drop

If taking tetracycline or fluoroquinolone antibiotics, digoxin, chlorpromazine, or penicillamine, take these medications at least **2 hours before and not less than 6 hours after** administration of each dose of SUPREP.

If you take blood thinners such as Coumadin, Pradaxa, Plavix, Effient, Eliquis, Xarelto, etc. You may need to stop taking them **2-7 days before** the procedure and that is only after consulting with us or the physician who prescribed them, as stopping such medication could be dangerous and may result in serious side effects (stroke, blood clot, etc.). If you are not sure if you are taking a blood thinner contact your doctor's office and inquire.

AVOID ALEVE, IBUPROFEN, IRON, AND ANY OTHER ANTI-INFLAMMATORY 5 DAYS BEFORE YOUR PROCEDURE. TYLENOL IS OKAY.

Recommended Liquids:

- Water, clear sparkling water, sprite, 7-up, Ginger Ale, Mountain Dew, Fresca, Club soda
- Powered or bottled sports drinks: Crystal light, Gatorade, Powerade (**NO RED OR PURPLE**)
- Clear Juices (**NO PULP**): Apple, white grape, cranberry, lemonade
- Popsicles, Jell-o, Hard Candies – **NO RED OR PURPLE**
- Clear broth or bouillon (chicken or beef)
- Coffee and tea (**NO MILK OR CREAMER OF ANY KIND**)

****NO DAIRY PRODUCTS****

****ABSOLUTELY NO RED OR PURPLE**

Jell-o, Gatorade, Soda, Popsicles, fruit ice, etc.

REMINDER:

You **MUST** bring someone 18 years or older **to stay during the procedure** and to drive you home. Otherwise, the procedure will not be done.

Please follow these instructions completely. These instructions are designed to make the colonoscopy prep as easy as possible for your procedure. If your colon is not completely empty and clean, the procedure may have to be repeated. Remember, you must be **NPO (nothing by mouth - including gum)** starting **4 hours before the procedure**.

Your **ARRIVAL** time is **1 hour and 15 minutes before your procedure**.

The location of your procedure is:

	Mercy Hospital Admitting – 4300 W. Memorial, Oklahoma City, OK 73120
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