



Medications that you will need

A prescription for Suprep will be sent to your pharmacy. Please follow the directions below when taking your Suprep. If your pharmacy does not receive this prescription, please call the office at: _____.

A stool softener will be ordered by the doctor's office. This may be called into the pharmacy or samples may be given to you. You will need to start taking this medication seven (7) days before your colonoscopy.

How to take medications for colonoscopy

Seven (7) days **BEFORE** your colonoscopy

Start taking the stool softener ordered by your doctor's office. Follow the directions on the bottle/package.

FOLLOW THE FOOD SUGGESTIONS BELOW

- Do not eat nuts, seeds, dried fruits, dried bean and peas
- Limit whole grain foods
- Choose cooked or canned fruits and vegetables over fresh ones
- Choose white bread and white rice
- Drink juices without pulp
- Eat tender, well cooked meats

Two (2) days **BEFORE** your colonoscopy

Only eat foods listed below for the two (2) days before your colonoscopy

- | | |
|--|--|
| • Water | • Apple or white grape juice |
| • Coffee with NO creamer | • Sprite, ginger ale and 7-Up |
| • Tea with NO creamer | • Gatorade or PowerAde (no red, blue or purple) |
| • Broth (beef, chicken or vegetable) (no meat, noodle or vegetable pieces) | • Popsicles (no red, blue or purple) |
| | • Jell-O (no red, blue or purple) |

If you are diabetic, please buy sugar free options

One (1) day **BEFORE** your colonoscopy

Continue clear liquid diet as explained above.

Colonoscopy Suprep 2-day Prep, Continued



At 6 p.m. -

1. Prepare your Suprep mixture: Pour one of the brown bottles into the cup provided. Top the cup off with cool water. Save the second bottle for the morning of your colonoscopy.
2. Drink the Suprep mixture followed by four (4) cups (32 ounces) of water.

Feelings of nausea and bloating are normal and will subside.

On the day of your colonoscopy

Five (5) hours before the time of your colonoscopy

Example: If your colonoscopy is scheduled for 9 a.m. you should start drinking your Suprep mixture at 4 a.m. It should be finished by 6 a.m. Do **NOT** drink **ANYTHING** after 7 a.m.

You cannot have anything to eat or drink **EXCEPT** your Suprep mixture on the morning of your colonoscopy.

You can take your medications with a sip of water the day of your colonoscopy unless told not to take them by your doctor.

Be sure to have finished your Suprep mixture and taken your medications at least two (2) hours before your colonoscopy. You should have **NOTHING** to drink two (2) hours before your colonoscopy.

Procedure Date: _____ Provider: _____

Location: _____

Arrival Time: You will be contacted the day before your procedure by Fairfield Medical Center for the arrival time (The Friday before if you have a Monday procedure). Calls will be made sometime prior to 5 p.m.

Colonoscopy Suprep 2-day Prep, Continued

Things to remember

- Reminder: You cannot have anything to eat or drink (including water) the day of your procedure except your bowel prep and a small sip of water to take your medicine.
- Someone has to drive you to the hospital, stay at the hospital until you are done and drive you home. You cannot drive the day of your colonoscopy. **If you do not have someone to do these things, your colonoscopy will be cancelled.**
- If you take an iron supplement, stop taking them five (5) days before your procedure to avoid discoloration of your stool.
- The office will let you know which of your medications need to be stopped and for how long. Some of the most commonly adjusted medications include blood thinners and diabetic medications. Medication instructions:
 - _____
 - _____
 - _____
- If drinking the Suprep mixture makes you sick to your stomach, you can try drinking it slower. Some nausea and bloating is normal.
- Your poop should be all liquid. It should not be brown in color. It should look clear to yellow. You will need to reschedule if it does not look like this the morning of your colonoscopy.
- If you need to cancel your colonoscopy you will need to call your doctor's office.

The phone number is: _____



Fairfield Medical Center Endoscopy
740-687-8158
401 N. Ewing St.
Lancaster, Ohio 43130
fmchealth.org