



**VERMONT**  
GASTROENTEROLOGY



**Green Mountain**  
Surgery Center

**593 HERCULES DRIVE  
COLCHESTER, VT 05446  
802-488-5350**

## **SUPREP COLONOSCOPY PREP INSTRUCTIONS**

### **Planning for Your Colonoscopy**

Please take a moment to read through all information as soon as you receive it. You can check off each item as it is completed.

It is very important to follow the colonoscopy prep instructions. If you do not follow these instructions as directed, there is a chance that your bowels will not be clean enough for the procedure, and you may need to reschedule for another day, or it could result in an inadequate view and missed lesions.

- Your procedure is scheduled at **Green Mountain Surgery Center**. Please arrive **45 minutes before** your scheduled appointment time.
- Please bring your insurance card and photo ID to your appointment.
- You will need someone to drive you home after the procedure, due to the sedation you will receive.
- If you take any blood thinners (*ex: coumadin, warfarin, Eliquis, Xarelto, etc...*) or anti-platelet medications (*ex: Plavix, Brilinta, etc...*) call us to let us know as soon as you read these instructions.

### **5 DAYS BEFORE THE PROCEDURE**

- Stop all vitamins, herbal, and iron supplements.
- Eat a **LOW FIBER DIET**: No nuts, seeds, popcorn, etc... More detailed instructions for this can be found on our website, the internet, or on the attached copy.
- If you are diabetic, please call your PCP to discuss your medications before your prep.
- **Please plan to pick up your Suprep prescription up to 5 days prior to your appointment and carefully read the information on the warning page enclosed with the preparation packet.**

- **DAY BEFORE PROCEDURE: NO SOLID FOOD INTAKE.** Start a clear liquid diet as soon as you wake up (water, clear strained juice, clear broth, soda, sports drinks, black coffee, Jello, popsicles, etc.). AVOID milk, milk products, anything you can't see through, and any item with red or purple dye.
- **DAY BEFORE PROCEDURE AT 5 PM:** Pour one 6 oz. bottle of Suprep into the mixing container and add cool water to the 16 oz. line and drink the entire amount. Drink 32 oz. of water over the next hour.

\*If you experience nausea, slow down the rate at which you are drinking the solution and continue to drink clear liquids during the evening.

- Continue to drink plenty of clear liquids until you go to bed
- **DAY OF PROCEDURE:** 5-6 hours prior to your procedure time, pour the second 6 oz. bottle of Suprep into the mixing container and add cool water to the 16 oz. line and drink the entire amount. Drink 32 oz. of water over the next hour.
- Continue to drink an 8 oz. glass of clear liquid (listed above) every half hour until two hours prior to your procedure, then nothing more
- You may take essential morning medications with a sip of water
- Your bowel output should be yellow/clear. Use the photo below as a guide.



If you are unable to keep this appointment or have any non-urgent prep questions, please call:

Green Mountain Surgery Center at 802-488-5350 Option 1.