

Normal symptoms you may experience from the preparation:

- You will have diarrhea from the bowel preparation medications. This will start between a few minutes to hours after you start the prep.
- Because of the diarrhea, you will need access to a toilet once you begin the bowel preparation. Plan your day with this need in mind.
- Most people have bloating and abdominal discomfort. This is normal. Do not be alarmed if you feel these symptoms.
- If you become nauseated or begin vomiting while drinking the solution, slow down. When the nausea subsides, begin drinking the solution again. If you do not like the taste or the smell of the medicine, try chilling the liquids. Please take the medicine as directed.

Clear Liquid Diet

You may only drink or eat items on this list.

- Water
- Tea (no milk or cream; sugar is permitted)
- Coffee (no milk or cream)
- Carbonated beverages (clear soft drinks – regular or sugar free) (Sprite, 7up, ginger ale)
- Apple juice
- White grape juice
- Gatorade\*
- Lemonade (no pulp)
- Limeade (no pulp)
- Clear chicken or beef broth (no meat, vegetables, noodles, rice) **No homemade broth.**
- Snowcones or popsicles\*
- Hard candy
- Jell-O (We prefer that you have only light colors such as yellow or pink. Green is okay.\*)
- **ALCOHOL IS NOT PERMITTED!**

\* Avoid red, purple and orange colors of these items.

Call our office at (505) 772-2000 if:

- **You cannot complete the bowel preparation as ordered**
- **You have the following symptoms after your procedure:**
  - Nausea
  - Vomiting
  - Fever
  - Chills
  - Bleeding
  - Abdominal pain

If you wish to cancel your procedure, we require a 72-hour notice. This will allow our office to schedule other procedures.

**PRESBYTERIAN**  
Presbyterian  
Santa Fe Medical Center  
4801 Beckner Road  
Santa Fe, NM 87507

Presbyterian Medical Group is a department of Santa Fe Medical Center  
Some services may use independent community healthcare providers.

SUPREP® Split Dose Colonoscopy Prep



IMPORTANT!  
Please read these instructions one week prior to your procedure

It will take you several days to prepare for this test. You may also need to stop taking certain medications up to a week in advance. Please read these instructions well in advance of your procedure date. We recommend that you post these instructions in a visible location at home to remind you of the various steps you will need to take.

- **You will need to take the rest of the day off from work after your procedure.**
- **You will need someone to drive you home after your procedure. You cannot drive yourself home because you will be receiving sedation medication. Your driver must check in with you. You will be groggy and not able to drive until the next day. YOU MAY NOT WALK, OR LEAVE BY TAXI, BUS OR BICYCLE. YOUR DRIVER MUST SIGN YOU OUT.**

Presbyterian Medical Group  
Gastroenterology  
(505) 772-2000

Patient responsibility

- If there are any changes with your insurance(s), please notify our office prior to your procedure date.
- After your procedure is scheduled, you may receive a call from the Presbyterian Registration department to verify your information and insurance coverage. You may call the department with registration questions at **(505) 772-1507**.
- If you need financial assistance with the cost of the procedure, or if you have financial or billing questions, please call **(505) 772-2628**.
- If your insurance requires a referral, it must be current at the time of your procedure, or you may be liable for payment.
- Remember to bring your insurance card(s) with you the day of your procedure.

Purchases

- Fill the prescription for SUPREP® which was sent electronically to your pharmacy.
- A supply of liquids (see the list of liquids safe to drink on page 4).
- You may also want body wipes and A&D ointment (in case you are sore).



Do you take blood thinners?

☐ Five days prior to your colonoscopy

DATE: \_\_\_\_\_

- **Coumadin, Plavix, Persantine, Ticlid (blood thinners):**  
Do not discontinue these medications without instructions from your cardiologist, prescribing physician or Coumadin clinic. Contact the prescribing physician for instructions. If your physician does not want you to stop these medications, please notify our office at (505) 772-2000.
- **Eliquis and Xarelto:**  
HOLD 48 hours prior to procedure.

**DO NOT** take the following medications:

- **Alka Seltzer, Pepto Bismol, iron supplements, fish oil and omega-3s, aspirin**

☐ Three days prior to your colonoscopy

DATE: \_\_\_\_\_

- **DO NOT** eat foods that contain seeds, corn, or nuts
- **NO** Frito or tortilla chips, posole (hominy), corn bread, corn tortillas, grits, oatmeal, strawberries, kiwi, poppy seeds or sesame seeds.

☐ The day before your colonoscopy

DATE: \_\_\_\_\_

- **DO NOT EAT ANY SOLID FOODS!**
- **You can only drink clear liquids for breakfast, lunch and dinner.** See the list of clear liquids on page 4. Avoid red, orange and purple colored Jell-O and Gatorade. This discolors your stool and interferes with the colonoscopy.

Do you have diabetes?

- If you are diabetic, please contact your prescribing provider for diabetic medication instructions.

Weight loss medications?

- Will need to HOLD 7 days prior to procedure.

☐ The day before – DATE: \_\_\_\_\_

**If you are scheduled for a MORNING procedure follow instructions below.**

1. At 4 p.m., pour one 6-ounce bottle of SUPREP® liquid into the mixing container.
2. Add cool drinking water to the 16-ounce line on the container and mix well. **NOTE:** Be sure to dilute the SUPREP® with water before drinking it.
3. Drink **ALL** the liquid in the container.
4. Drink two more 16-ounce containers of water over the next hour. **DO NOT** skip this step.

Then, beginning at 9 p.m., repeat steps 1-4 above.

**If scheduled in the AFTERNOON:**

1. At 6 p.m., pour one 6-ounce bottle of SUPREP® liquid into the mixing container.
2. Add cool drinking water to the 16-ounce line on the container and mix well. **NOTE:** Be sure to dilute the SUPREP® with water before drinking it.
3. Drink **ALL** the liquid in the container.
4. Drink two more 16-ounce containers of water over the next hour. **DO NOT** skip this step.

Then, the day of your procedure beginning at 6 a.m., repeat steps 1-4 above.

- Make sure you finish drinking the final glass of water at least 6 hours before the procedure, or as directed by your provider.

**If you become nauseated or begin vomiting while drinking the solution, stop drinking the bowel solution. When the nausea subsides, drink the solution more slowly at a more comfortable pace for you.**

☐ On the day of your colonoscopy – DATE: \_\_\_\_\_

- By 6 a.m. the day of your procedure, please take your blood pressure, cardiac and seizure medications, and any pain medicines with small sip of water.
- **DO NOT** take any other medications 6 hours prior to the test.
- **Do not eat or drink anything the morning of your procedure.**
- Bring inhalers, reading glasses and hearing aids if you use them.
- Remove all jewelry and leave valuables at home.
- **DO NOT** chew on gum.
- **DO NOT** eat hard candy.