



Extensive: Suprep & Miralax Colonoscopy Preparation Instructions

(For patients with **no** history of renal failure)

APPOINTMENT DATE: _____

ARRIVAL TIME: _____

Items to Purchase

- Suprep (prescription)
- One 238 gram bottle of Miralax powder
- Your choice of one of the following drink solutions:
 - Physician preferred option: One 1-liter bottle of pre-mixed Hydralyte (orange or lemonade flavored) or Hydralyte powdered drink mix with 32 ounces of water (orange or lemonade flavored) (view hydralyte.com/where-to-buy for retailers)
 - Option 2: 32 ounces of pre-mixed Gatorade (NO red) or Gatorade powdered drink mix with 32 ounces of water (NO red)
 - Option 3: Crystal Light powdered drink mix with 32 ounces of water (NO red)

Reminders

- Suprep requires a prescription (included in this packet.) Take it to your pharmacy in advance, as some insurances require pre-authorization.
- **Transportation:** Due to the sedation you will receive, someone at least 18 years of age **MUST** bring you to your appointment, remain in the waiting area during the entire time of your procedure, and drive you home afterwards. A taxi or bus is **NOT** an acceptable form of transportation. **Failure to arrange proper transportation may result in your procedure being rescheduled.**
- Please follow these instructions carefully, as **improper preparation may result in your procedure being rescheduled.**
- Contact our office at **(336) 448-2427 (option 6, then option 2)** if you have questions about your prep or if there are any changes in your medical history between the day of scheduling and the appointment date.
- We require a notice of 2 business days if there is a need for change or cancellation of your procedure.
- Please leave all jewelry and valuables at home, as we do not provide a secure area for these items.

Medications

- Take any necessary medications at least **4 hours prior** to your arrival time.
- **Diabetes:** Contact the prescribing physician for instructions for injectable diabetic medication the day before and the day of the procedure. **DO NOT TAKE oral** diabetic medication the day of the procedure.
- **Blood Pressure:** DO NOT **SKIP** any doses of your blood pressure medication.
- **Iron:** **STOP** taking iron 5 days before your procedure.
- **Inhalers and Nebulizers:** May be used up to the time of your procedure.
- **Blood Thinners:** Please contact the prescribing physician to make sure it is okay to stop these medications for the recommended number of days prior to your procedure. If you are on a blood thinner that is not listed below, please contact the prescribing physician for instructions. You may remain on aspirin unless otherwise instructed.

Xarelto	24-48 hours	Pletal / Persantine	2 days	Aggrenox / Plavix	5 - 7 days
Eliquis	48 hours	Brilinta / Coumadin / Jantoven	5 days	Effient	7 days

5 Days Before Procedure

- ✓ Begin taking 17 grams of Miralax twice (2x) daily. (17 grams = a capful)

4 Days Before Procedure

- ✓ Continue taking 17 grams of Miralax twice (2x) daily. (17 grams = a capful)

3 Days Before Procedure

- ✓ **Begin a low residue diet, avoiding high-fiber foods such as whole grains, nuts, seeds, raw or dried vegetables and fruits, etc.**
- ✓ Continue taking 17 grams of Miralax twice (2x) daily. (17 grams = a capful)

2 Days Before Procedure

- ✓ **5:00pm:** Mix the remaining Miralax into the 32 ounces/1 liter of drink solution and drink the full amount.

Day Before Procedure

- ✓ **Begin a clear liquid diet. DO NOT consume anything red in color OR dairy products.**
Clear liquids may include water, soft drinks, coffee or tea without cream, popsicles, broth/bouillon, Jell-O, non-pulpy juice, etc.
- ✓ **4:00pm: Step 1:** Pour **only one** of the 6-ounce bottles of Suprep liquid into the mixing container.
Step 2: Add cool drinking water to the 16-ounce line on the container. Mix the solution.
Step 3: Drink ALL of the solution in the container.
Step 4: Drink two (2) more 16-ounce containers of water over the next hour.

Day of Procedure

- ✓ Continue a clear liquid diet.
- ✓ **6 hours prior to arrival time:** Repeat **steps 1-4** (shown above) using the other 6-ounce bottle of Suprep liquid.
- ✓ **4 hours prior to arrival time:** Take any necessary medications. You should be finished drinking the Suprep solution.
ABSOLUTELY NOTHING ELSE BY MOUTH AFTER THIS TIME! (This includes water.)