

## Center for Colon & Rectal Health, Inc.

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### SUPREP DAY BEFORE PROCEDURE

**TWO WEEKS BEFORE** your procedure **stop** taking all **herbal vitamins, vitamin E, and fish oil.**

**IF YOU ARE TAKING A BLOOD THINNER** under a doctor's order, you must check with your doctor before stopping that medication.

**IF YOU ARE DIABETIC**, speak to your doctor about your medication dosage on the day you are prepping and also on the day of your procedure.

**ONE WEEK BEFORE** your procedure or see number of days next to medication) **stop** taking any of the following medications and any medication containing **aspirin or ibuprofen**:

Advil	Bufferin	Eliquis (2)	Lovenox (1)	Plavix (5)
Aleve	Cilostazol	Empirin	Meclomen	Pletal
Alka Seltzer	Clinoril	Excedrin	Mobic	Pradaxa (2)
Apixaban	Clopidogrel (5)	Feldene	Motrin	Relafen
Anacin	Coumadin (5)	Fiorinal	Naprosyn	Ticlid
Anaprox	Daypro	Heparin	Naproxen	Toradol
Arixtra (1)	Dipyridamole	Ibuprofen	Norgesic	Voltaren
Arthropan	Disalcid	Indocin	Nuprin	Warfarin (5)
Ascriptin	Ecotrin	Lodine	Percodan	Xarelto (2)
Aspirin/Baby Aspirin	Effient	Lovaza (10)	Persantine	

**\*\*\* TYLENOL IS SAFE TO TAKE \*\*\***

**FOR FIVE DAYS BEFORE** your procedure try to avoid eating vegetables with skin such as corn, peas, beans, etc., and also nuts. (If you do eat them, you may still have your procedure.)

**\*\* You may want to purchase diaper rash cream or vaseline to apply while prepping. \*\***

1. **At least two days before your procedure** fill your prescription for Suprep.
2. **On the day before your procedure** you may have a light breakfast. **After breakfast** you may have **only clear liquids** which include: water, soda of any kind, and clear juices such as apple, grape, and cranberry. You **may not have citrus juices** such as orange juice or grapefruit juice. You may have jello (but **no red jello**). You may have bouillon, clear broth, and tea and coffee with sugar or sugar substitutes. You may have a small splash of milk in tea and coffee in AM only.
3. **At 5:00 PM** pour one 6 oz. bottle of Suprep into the container. Fill the rest of the container to the 16 oz. line with cool water, seven-up, or ginger ale (diet is OK) and drink all the liquid in the container. After finishing the Suprep you **must drink** two (2) more 16 oz. containers of clear liquid **over the next hour**. You may drink more clear liquids between 6:00 PM and 9:00 PM.
4. **At 9:00 PM** repeat step #3 with the second 6 oz. bottle of Suprep. You may drink more clear liquids up until midnight. Then, have **nothing after midnight** (including no gum, hard candy, or mints, etc.).
5. **On the day of your procedure**, take only your necessary morning medications (heart, blood pressure, asthma, etc.) with a small sip of water **when you wake up**. All other medications may be taken when you get home.
6. Please wear loose-fitting clothing.
7. Someone **must drive you home** after your procedure. You may not take a taxi.
8. If there is a change in your insurance or health history (heart attack, breathing problems, etc.) you must notify us immediately. If you need to reschedule your appointment, please give us as much notice as possible.