

Ghiath Tayeb, M.D.
Reem Jarbou, D.O.
Seina Farshadsefat, D.O.
Board Certified Gastroenterologists
Phone: 248-651-0800 Fax: 248-651-7341

Outpatient Instructions for Colonoscopy

Suprep Preparation

Patient's Name _____

Hospital/Facility _____

Date of Procedure _____

Time to Arrive _____

*** Arrival time is subject to change. The facility will call you the day before the procedure with the exact arrival time. ***

One Day Prior to the Procedure:

- **Begin clear liquid diet.** (See diet instructions on the following page)
- **Try to drink lots of liquids to help with the cleansing and to prevent dehydration.** You may continue the clear liquid until eight hours prior to the procedure.

Day of Procedure:

- **Eight hours prior to the procedure do not eat or drink anything, including water.**
- **No medications may be taken in the morning before the procedure except heart and blood pressure medication (take with a *small* sip of water). Any other medications should be taken after the procedure is over.**
- **You may NOT work or drive the day of the procedure. You must have a driver that will remain in the facility during the procedure and drive you home or the test will be cancelled.**
- **If patient is taking weight loss/diabetic injection must stop injections as follows: if taking daily injection, hold injection the day of procedure. If taking weekly injections hold injection one week prior to procedure.**

You may continue taking your regular medication during the preparation, with the following exceptions:

- **STOP taking Aspirin, Motrin, and Arthritis medication 7 days prior to the procedure.** If needed, you may take Tylenol products.
- **STOP taking Iron (check multi-vitamin ingredients for iron), Coumadin, Warfarin, or any blood thinners (Plavix, Ticlid, Effient, or Pradxa) 3 days prior to the procedure.**

If you have any questions or concerns, please call the office at **(248)-651-0800.**

If you are unable to keep your appointment, please give at least two business days' notice. A \$100 fee will be assessed for cancellations made after that time. Thank you.

Patient Instructions for Suprep Preparation

1. Pick up preparation kit at you pharmacy.
2. Begin the clear liquid diet the day before your procedure.
3. The evening before you procedure at **5 pm:**
 - A) Pour 1 (6 oz) bottle of the Suprep liquid into the mixing container.
 - B) Add clear liquid of your choice to the 16oz fill line at top of contain and mix.
 - C) Drink all the liquid in the container.
 - D) Fill the container with any clear liquid of your choice and drink.
 - E) Fill the container **AGAIN** with any clear liquid of your choice and drink.
4. The evening before you procedure at **9 pm:**
 - A) Pour 1 (6 oz) bottle of the Suprep liquid into the mixing container.
 - B) Add clear liquid of your choice to the 16oz fill line at top of contain and mix.
 - C) Drink all the liquid in the container.
 - D) Fill the container with any clear liquid of your choice and drink.
 - E) Fill the container **AGAIN** with any clear liquid of your choice and drink.

CLEAR LIQUID DIET INSTRUCTIONS

Day to begin your clear liquid diet: _____

Start your clear liquid diet when you wake up in the morning. No food, milk, or milk product (including powdered creamers) for the entire day and until the procedure has been completed.

No red, green, or blue liquids due to the dye colors!
Yellow, orange, or clear liquids are permitted.

Foods included on the clear liquid diet:

| | |
|-------------|---|
| Beverages: | Carbonated beverages (soda & diet soda), coffee, tea, Gatorade, apple juice, orange Hi-C, white grape juice or white cranberry juice. |
| Desserts: | Jello, popsicles, frozen ices/slushes, Italian ices, freeze pops. |
| Soups: | Bouillon, broth (chicken or beef). |
| Sweets: | Honey, sugar, plain hard sugar candy (yellow or orange only). |
| Condiments: | Salt, pepper. |
| Fruits: | Strained (not just pulp free) pineapple, orange, or grapefruit juice. |