



# LOTSU DIGESTIVE

## HEALTH & NUTRITION

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### Colonoscopy Prep Instructions

- **ONE WEEK BEFORE:** NO seeds, nuts, flaxseeds, chia seeds, watermelon, popcorn.
- **STOP** taking Coumadin, Plavix, Anti-inflammatory medications (Ibuprofen, Advil, Excedrin, and Aleve) any herbal supplements and Aspirin 3-5 days prior. (Tylenol products are okay).
- **DAY BEFORE PROCEDURE:** You will only consume **CLEAR LIQUIDS**
  - CLEAR LIQUIDS INCLUDE THE FOLLOWING: Gatorade, sport drink, water, iced tea, regular tea, 7-up, apple juice, lemonade, black coffee, vitamin water, water flavor boosters, beef broth, chicken broth, vegetable broth, popsicles, Italian ice and Jell-O.
- **PLEASE DO NOT PUT ON ANY BODY MOISTURIZER, NAIL POLISH, MAKEUP OR LIPSTICK ON THE DAY OF PROCEDURE.**
- **YOU MUST HAVE SOMEONE YOU KNOW WHO IS 18 OR OLDER DRIVE YOU HOME OR ACCOMPANY YOU HOME IN AN UBER OR TAXI.**
- \*Your prescription for the prep will be sent to your pharmacy electronically.
- **PLEASE ONLY FOLLOW THESE INSTRUCTIONS, NOT THE INSTRUCTIONS ON THE PREP BOX.**
  - ❖ NO dairy, on-dairy creamers, orange juice, or juice with pulp or sediment. Also, NOTHING RED OR PURPLE until after procedure.
  - ❖ If you would like to drink the prep cold, please mix in the morning and place in the refrigerator. Prep is easier to drink cold. Drink with a straw to help prep go down smoother.

**ABSOLUTELY NOTHING TO EAT OR DRINK (INCLUDING WATER) 5 HOURS PRIOR TO PROCEDURE. IF YOU DRINK IT WILL CAUSE A DELAY OR CANCELLATION OF YOUR PROCEDURE. NO GUM OR CANDY. (You will be responsible for the cancellation fee)**

### SUPREP INSTRUCTIONS:

- **Mixing prep:** pour one bottle of Suprep into the provided cup. Add water to the cup until the liquid reaches the fill line.
- **Between the hours of 4pm-7pm:** You will drink your first cup. Refill cup (2<sup>nd</sup> bottle) and place in refrigerator.
  - ❖ YOU MUST consume at least two more 16oz glasses of water within one hour of consuming prep. You may then go back to clear liquids.
  - ❖ **DO NOT DRINK ANYTHING EXCEPT FOR YOUR PREP FIVE HOURS PRIOR TO YOUR PROCEDURE**
- **Five hours before start of procedure:** Drink second cup of prep that was made the day/ night before.
  - You must consume at least two more 16oz glasses of water within one hour of consuming prep.

### Medications

- Take any morning medications on the day of procedure **EXCEPT** for the following: Coumadin, Plavix, Aspirin, Anti-Inflammatory and Oral Diabetic Medications. All other medication must be taken eight hours before procedure.
- Diabetics- if you are insulin dependent check your blood sugar. If your blood sugar is over 200 please take only HALF of your insulin dose. If you are on oral medications please do not take any, but please bring them with you.
- Please bring list of Medication with you the day of the procedure.