



## INSTRUCTIONS FOR SUPREP BOWEL PREP

Date of procedure \_\_\_\_\_ Name of Patient \_\_\_\_\_

### THE DAY BEFORE YOUR PROCEDURE \*\*\*\*NO SOLID FOODS\*\*\*\*

YOU MAY DRINK CLEAR LIQUIDS ONLY that you can see through / IT IS ENCOURAGED TO REPLENISH YOUR ELECTROLYTE LOSS WITH GATORADE/POWERADE/PEDILYTE (AVOID RED, PURPLE OR BLUE)

#### NOT ALLOWED:

- Solid Food
- Alcohol
- Milk/Milk Products
- Orange juice

#### ALLOWED CLEAR LIQUIDS TO DRINK:

We encourage you to drink plenty of the following:

- Clear fruit juices WITHOUT pulp: apple, white cranberry, white grape, lemonade (sweeteners are permitted). Crystal Light
- Water, Tea, Black Coffee, clear broth and bouillon (any flavor)
- Carbonated soft drinks-regular or diet (Sprite, Ginger Ale, 7-Up, Coke, Pepsi)
- Gatorade, Kool-Aid, Jell-O, or other fruit flavored drinks (avoid red, purple, or blue food color)
- Ice Popsicles (avoid red, purple, or blue food color), Italian Ice

### THE EVENING BEFORE YOUR PROCEDURE

**\*\*NO SOLID FOOD\*\*** It is important to drink plenty of these clear liquids throughout the day to stay well-hydrated.

- If you are diabetic and on Insulin: take only ½ of your evening dose and do not take the morning dose the day of your procedure.
- If you are diabetic and on Oral Medications: Do not take diabetic medications the evening before or the morning of your procedure.

Please DISREGARD prep instructions included in your prep kit and proceed as follows:

Between 4 and 6 pm: prepare the SUPREP solution by first pouring (1) 6-ounce bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. Drink all the liquid in the container. Once finished, drink at least two more 16-ounce

You will have watery bowel movements within approximately one hour. You will continue to have watery bowel movements for approximately 1-2 hours after finishing the prep. Please be sure to drink all of the prep solution. THIS IS VERY IMPORTANT!

### THE MORNING OF YOUR PROCEDURE

@\_\_\_\_\_ 5 hours before your procedure time prepare the SUPREP solution as you did the previous evening. Drink all the liquid in the container. Once finished, drink at least two more 16-ounce containers of water within an hour. Chew Gas-X tablet

Take ALL medications as prescribed by your physician for: Cardiac, Respiratory, Anti-Seizure, Anti-Hypertensive (blood pressure), Anti-Anxiety, Gastrointestinal medications with a small sip of water.

@\_\_\_\_\_ NOTHING by mouth 4 hours before your procedure time, NO GUM or CANDY, NO SMOKING, NO WATER

Check in @ \_\_\_\_\_ for a procedure time of \_\_\_\_\_

Please note: Your check in time is subject to change per the request of the surgical center you are scheduled with.



## BEFORE YOUR PROCEDURE CHECK MEDICATIONS

If you take any of the following medications, please consult your GI doctor or your primary care provider.

Your last dose will be on \_\_\_\_\_

Aggrenox    Pradaxa    Xarelto    Coumadin    Plavix    Lovenox    Effient    Ticlid    Jantoven    Eliquis

Do NOT take any NSAIDS 7 days prior to your procedure. In addition, please STOP taking any of the following:

Advil   Alka-Seltzer   Ibuprofen   Arthrotec   Vitamin E   Iron pills   Mobic   Multivitamins   Motrin   Aleve  
Naproxen   Fish Oil(Omega -3)   Lodine   Diclofenac   Naprosyn   Meloxicam   Pepto-Bismol   Excedrin   Ginko Biloba   Celebrex

**\*\*Aspirin 325mg**

You may take Tylenol or Acetaminophen for pain.

**\*\*If you are taking aspirin under the direction of a cardiologist to prevent a stroke or heart attack, then we will likely have you continue taking it.**

Transportation: You MUST make arrangements for someone to drive you home, if you will be receiving any type of anesthesia or sedation. This person must be with you at time of check-in. If you do not have a ride, your procedure will be cancelled. If you are responsible for young children, make arrangements for their care during your procedure and the remainder of the day.

## **COLONOSCOPY PATIENTS MUST STRICTLY FOLLOW THE GUIDELINES GIVEN ABOVE, NOT THE INSTRUCTIONS IN/OR ON THE BOX.**

YOU MUST STOP EATING SOLID FOODS THE DAY BEFORE THE PROCEDURE.

YOU MUST STOP DRINKING CLEAR LIQUIDS 4 HOURS BEFORE YOUR PROCEDURE TIME.

IF YOU CONSUME SOLID FOOD OR DRINK ANY CLEAR LIQUIDS OUTSIDE OF THESE  
INSTRUCTIONS YOUR PROCEDURE WILL BE CANCELED FOR YOUR SAFETY.

IT IS EXTREMELY IMPORTANT THAT YOU FOLLOW THESE INSTRUCTIONS TO ENSURE A  
GOOD PREP.

A GOOD PREP IS THE ONLY WAY WE CAN PROVIDE YOU WITH A THOROUGH  
EXAMINATION