



SUPREP:

Reminders:

Review bowel prep instructions 1 week prior to procedure to avoid last minute confuions.
NO NUTS, SEEDS, CORN, AND WHOLE GRAINS 1 WEEK PRIOR TO PROCEDURE.

Two Day - Bowel Prep instructions:

A. 24 hours before procedure (ex. If appt is at 9am on Monday, start at 9am on Sunday)

1. Go on Clear Liquid Diet
2. Avoid -Solids, milk or milk products including soy, and red, blue, or purple liquids.

B. Evening of the day BEFORE procedure (First dose at 5pm)

1. Pour ONE (1) 6 oz bottle of SUPREP liquid into the mixing container
2. Add cool drinking water to the 16 oz fill line on the container. MIX.
3. Drink AL the mixed liquid in the container.
4. Next, drink TWO(2) more 16 oz containers of water over the next hour.
5. Drink more liquid if possible (eg. Gtorade or water)

C. Midnight Before th Procedure

1. Have nothing to eat or drink until after the procedure. This includes water, (only exception is the 2nd dose of your bowel prep the morning of the procedure)

D. Morning of the Procedure (8 hours before the scheduled procedure time)

1. Repeat step from B- 1,2,3,4,5 for 2nd dose
2. Second dose to be completed 6 hours prior to the procedure

Important Considerations

If you're taking Aleve, Ibuprofen, Motrin, iron supplements, fish oil, Celebrex, Naprosyn or Vitamin E, stop taking them 7 days prior to procedure. You may use Tylenol.

If your diabetic(to avoid dangerously low blood sugars) and taking insulin, please inform your physician/prescriber regarding proper adjustment of insullin.

If your taking oral diabetic medications, follow our instructions or the prescriber's instructions

If your unsure about taking any medications, please call our office.

Do not stop blood pressure or heart medications unless told by us or the prescriber.

If you're taking Coumadin, Aspirin, Ticlid, plavix, Eliquis, Prodxaxa, Xarelto, or Brilinta, you may stop these prior to the procedure. Please ask your doctor for instructions regarding these medications.

If your a smoker, it is advised not to smoke at least 6 hours prior to the procedure.

NOTE: Failure to take the Bowel Preperation as indicated may result in a poorly cleansed colon. Please leave all jewelry including belly button rings and tongue rings at home.