



## **SUPREP:**

### **ONE 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. Day BEFORE procedure (First dose at 3PM)**

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. Gatorade or water)

#### **C. Evening BEFORE procedure (Second dose at 10PM)**

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

#### **D. Midnight Before the Procedure**

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

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, Proxal, 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 Preparation as indicated may result in a poorly cleansed colon. Please leave all jewelry including belly button rings and tongue rings at home.**