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Suprep Bowel Prep Instructions

THE DAY BEFORE YOUR EXAM

Begin your clear liquid diet on day _____ date _____.

NO SOLID FOODS are to be eaten on this day. You may only have clear liquids.

You may have the following items:

- * Coffee, water, or tea
- * Carbonated beverages (soft drinks), **NO** "Energy" beverages.
- * Gelatin dessert, (JELLO) plain or fruit flavored- **NO** red or purple coloring.
- * Fruit Juices- **NO** pulp
- * Gatorade, Powerade, lemonade, or limeade
- * Bouillon broth.
- * Snow cones, popsicle- **NO** red or purple coloring, no pulp.
- * Clear hard candies, sugar, and salt
- * Avoid any liquids not listed above.

At 6:00 p.m (the day before your exam) begin drinking the Suprep.

1. You will take one 6 oz bottle of solution and put it into the mixing container.
2. Then add cool water to the mixing container up to the red fill line, then mix.
3. Drink ALL of the mixture in the container.
4. You MUST then drink 2 more 16 oz containers of water over the next 1 hour.

Please have prep consumed in at least 1 hour and 30 minutes. This entire process is required for the success of the examination.

THE MORNING OF YOUR EXAM

Your procedure is on day _____, date _____.

The second part of your prep is to be done the morning of your exam at 6:00 a.m.

- * You will repeat steps 1-4, that were done the previous evening.
- * After the 4th step you may continue to drink clear liquids until 9am the day of your procedure.

Special Instructions

Check with your nurse concerning the medicines you take daily. Take your Blood Pressure or Heart medicines with a small sip of water the morning of your procedure.

Please notify your doctor if you take blood thinners. **STOP** all Plavix, Effient, Brilinta, Coumadin, Pradaxa, Eliquis, Xarelto and aspirin-containing medications three (3) days prior to procedure. Hold all anti-inflammatory drugs such as Motrin or Aleve the day before the procedure. If you are diabetic, you should **NOT** take your insulin or diabetes pills the morning of the procedure. These can be resumed after the next meal following the procedure. Do not take any long-acting insulin the night before the procedure.

Since sedation is used during procedure, it is necessary for a family member or friend to come with you to drive you home. Both you and your family member should be prepared to stay 3-4 hours. The doctor will report to your family member following the procedure. Someone should stay with you several hours after returning home from the procedure.

Contact Theresa, Sandra or Christina with questions at (318) 448-5310.

Contact your Physician at (318) 448-5310 if you experience severe abdominal pain, fever, rectal bleeding, recurrent vomiting or other problems during your procedure preparation. After office hours, call (318) 448-5310 and ask to speak to the GI doctor on call.