

PLEASE PURCHASE THE ITEM BELOW AT YOUR LOCAL PHARMACY:

SUPREP® Bowel Prep Kit – Prescription required, please obtain from your GI Provider

**AT LEAST A WEEK BEFORE YOUR PROCEDURE:** Check with your prescribing doctor to make sure it is safe to take prescription blood thinners, such as Coumadin®, Plavix®, Pradaxa®, Xarelto®, Warfarin, Eliquis® or iron supplements. Please get permission to stop these **4 days prior** to your procedure.

**THE DAY PRIOR TO YOUR PROCEDURE. You must follow a clear liquid diet all day.**

**LIQUIDS ALLOWED:** Water, black coffee, apple and white grape juice, soda, tea, Kool Aid, sports drinks, lemon or lime Jell-O, chicken or beef broth, and popsicles. [Click here for complete diet information.](#)

**NOT ALLOWED:** Solid food, milk, alcohol, or anything RED, ORANGE OR PURPLE.



**STEP 1**

At **4:00 PM**, pour one **(1)** 6-ounce bottle of SUPREP into the cup provided. Add cool water to the 16-ounce line on the cup and mix. Drink all of the mixture.



**STEP 2**

You must drink two **(2)** more 16-ounce glasses of water over the next hour.



**STEP 3**

At **10:00 PM**, pour one **(1)** 6-ounce bottle of SUPREP into the cup provided. Add cool water to the 16-ounce line on the cup and mix. Drink all of the mixture.



**STEP 4**

**REPEAT STEP 2.** Stay near toilet. You will have diarrhea, which can be quite sudden. This is normal. The stool should eventually be a clear yellow liquid. **No food, drink or water after midnight**

**Some nausea and bloating is expected and often occurs.  
If you start to feel severely nauseated or bloated stop for one hour.**

### COLON CLEANSING TIPS:

**Drink sips of the mixture through a straw.**

**Walking will help move the solution through your body.**

**If you feel bloated or your stomach feels “full”, drink solution slowly.**

**Continue drinking lots of clear liquids until midnight.**

**Anal skin irritation or flare of hemorrhoid inflammation may occur. If this happens, treat it with over-the-counter remedies, such as hydrocortisone cream, baby wipes, Vaseline® or Tucks® – avoid products containing alcohol.**

**NPO STATUS:** During your procedure you will be administered either general anesthesia or heavy sedation. For your safety, it is essential you follow these guidelines:

- **No GUM, CANDY, MINTS, CIGARETTE SMOKING or TOBACCO USE 2 hours prior to your arrival time.**
- **NOTHING TO EAT OR DRINK AFTER MIDNIGHT.**

### **THE DAY OF YOUR PROCEDURE:**

- If you take insulin or oral diabetic medication, you are advised to **HOLD** and **DO NOT TAKE** on the day of your procedure. Bring it with you.
- Take any routine heart, blood pressure or seizure medications with a **SMALL** sip of water at least two hours before your procedure.

### **YOU MUST HAVE WITH YOU:**

- A responsible adult to drive you home. This individual must be present when you check-in and stay at the facility during the procedure or your procedure will be **CANCELLED.**
- A list of all medications you are now taking, including over-the counter products and herbal supplements.
- A list of any allergies you have.
- If you have a Pacemaker/AICD please bring in your Pacemaker/AICD card.