

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 **6:00 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 **12:00 AM**, 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 3:30 AM**

**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.