

## SUPREP

**\*\*\*DUE TO SEDATION, YOU ARE REQUIRED TO HAVE A FRIEND OR FAMILY MEMBER DRIVE YOU HOME. WE WILL HAVE TO CANCEL YOUR PROCEDURE WITHOUT THE APPROPRIATE TRANSPORTATION. UBER/LYFT IS ONLY ACCEPTABLE IF A FRIEND OR FAMILY MEMBER IS WITH YOU. YOUR RIDE MUST BE AVAILABLE FOR THE DURATION OF YOUR PROCEDURE. THE FACILITY CLOSSES AT 3:00. YOUR RIDE MUST BE AVAILABLE\*\*\***

### **DAY BEFORE PROCEDURE:**

1. **Drink only clear liquids all day.** No food allowed. Clear liquids include apple juice, white grape juice, water, Jello (no red or purple), broth, black tea or black coffee. Coffee or tea should not include milk, milk products, cream, sugar or artificial sweetener. Stay hydrated by drinking a lot of fluids throughout the day. No gum or hard candies.

2. Starting at **5pm** you will need to drink the first 6 oz bottle of Suprep. Pour (1) 6 oz bottle of Suprep liquid into the mixing container. Add cool drinking water to the 16 oz line on the container and mix. NOTE: Dilute the solution concentrate as directed prior to use. Drink all the liquid in the container. You must drink two more 16 oz containers of water over the next 1 hour.

### **DAY OF PROCEDURE:**

1. Starting at **3am** on the day of the procedure you will need to drink the second 6 oz bottle of Suprep. Pour one (1) 6 oz bottle of Suprep liquid into the mixing container. Add cool drinking water to the 16 oz line on the container and mix. NOTE: Dilute the solution concentrate as directed prior to use. Drink all the liquid in the container. You must drink two (2) more 16 oz containers of water. Both the Suprep solution and additional two containers of water must be completed within an hour.

2. You may continue clear liquids until 2 hours prior to procedure. Immediately finishing preparation, take your regular medication allowed to take this am.

**IMPORTANT:** If you experience preparation symptoms (for example, nausea, bloating or cramping) pause or slow the rate of drinking the additional water until your symptoms diminish. Keep in mind all the water must be consumed.

Stool should be coming out clear to yellow liquid without any solid components. If you have any issues with drinking the bowel preparation or believe it is not working, please contact our office or covering physician to discuss further.

**YOU SHOULD NOT HAVE ANYTHING BY MOUTH 2 HOURS PRIOR TO YOUR PROCEDURE.**

**Please review the medication list and all instructions thoroughly regarding your procedure.**