**Suprep Bowel Preparation Instructions**

Procedure Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Arrival Time\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The Day Before Procedure

1. You will be on a clear liquid diet for the entire day. Clear liquids include: water, black coffee (no creamer) or tea, clear fruit juices, sports drinks, light soup, broth or bouillon, jello, popsicles. **PLEASE REMEMBER THAT YOU MAY NOT HAVE ANYTHING RED, PURPLE, OR DAIRY.**
2. At \_\_\_PM mix your first bottle of your prep. Pour one (1) 6-ounce bottle of Suprep liquid into the mixing container.
3. Add cool drinking water to the 16 ounce line on the container and mix.
4. Drink ALL the liquid in the container.
5. IMPORTANT!!! You must then drink two (2) more 16-ounce cups of water over the next hour after drinking Suprep.

\*\*\*Please **drink lots of water (about 1-2 gallons)** while doing your prep, and throughout the day. The more you drink the cleaner your colon will be, and **you won’t have to repeat the procedure.\*\*\***

The Day Of Procedure

1. Repeat steps 2-5 at\_\_\_\_\_AM

You may drink small amounts of water on the morning of the procedure. **YOU MUST STOP DRINKING ANYTHING 3 HOURS PRIOR TO ARRIVAL TIME.**

SPECIAL INSTRUCTIONS for patients on diabetic, blood thinning, blood pressure, thyroid, and seizure medications:

* If you take insulin, use half of your regular dose the morning of the procedure, unless instructed otherwise.
* If you take diabetic pills, do not take the pills on the morning of the procedure.
* Stop taking Aspirin one week prior to the procedure.
* Stop taking Coumadin, Plavix, fish oil, iron supplements and/or vitamin E four days prior to the procedure.
* If you usually take MORNING doses of blood pressure, thyroid, or seizure medications, take the medication(s) with a sip of water on the morning of the procedure.

PLEASE BRING THE FOLLOWING WITH YOU TO THE PROCEDURE CENTER:

* Insurance card(s)
* Picture ID
* All of your current medications
* A driver other than a taxi or public transportation
* Allow approximately 3-4 hours to be at the procedure center.