

SUPREP

10 days prior to your procedure:

- If you need to cancel and reschedule your procedure please do so 10 days in advance to allow your time slot to be utilized by another patient.
- Familiarize yourself with all the instructions provided, contact the office if you have any questions.
- Contact your managing provider if diabetic to advise what steps to take prior to your procedure. If you take blood thinners, contact our office for instructions..

Seven days prior to your procedure:

- Suggested foods over the next five days (as you will be on clear liquids day 6&7) include cheese, yogurt, sour cream, milk, bakery items, pasta, white rice, plain crackers, low fiber foods such as puffed rice, cream of wheat, lean meat, chicken, turkey, pork, fish, seafood, eggs and tofu.
- Fill any prescriptions that were given to you for your prep.

Five days before your procedure:

- Review when you are to hold any blood thinning medications and mark that date.
- Confirm you have a driver over the age of 18 to take you home following the procedure. You cannot take public transportation, such as taxis, Uber, Lyft, etc.

Three days prior to your procedure:

- Read the rest of these instructions so you are prepared with how to proceed with your prep.

Day before the examination:

MORNING – Day before examination:

Begin a clear liquid diet at 6:00 AM. Drink at least 8 glasses of water during the day to avoid dehydration.

Clear Liquid:

Gatorade, Pedialyte or Powerade
Clear broth or bouillon
Coffee or tea (no milk or non-dairy creamer)
Carbonated and non-carbonated soft drinks
Kool-Aid or other fruit flavored drinks
Strained fruit juices (no pulp)
Jell-O, popsicles, hard candy

Not Clear Liquid:

No red or purple items of any kind
No Milk or non dairy creamers
No noodles or vegetables in soup
No juice with pulp
No liquid you cannot see through
No solid food
No Alcohol

AFTERNOON – Day before examination:

- Between 4:00pm and 6:00pm begin drinking the prep solution. Pour one 6 oz. bottle of SUPREP liquid into the mixing container. Add drinking water to the fill line on the container and mix. Drink **ALL** the liquid in the container.
- You **MUST** drink 2 more containers of water over the next hour.

Day of your examination:

- 4-6 hours before your procedure, drink the rest of the solution. Start at *** am.
- Drink 8oz every 10 minutes.
- After this portion of the prep is complete, if your stools do not appear see through or yellow, please contact the office for further instructions.
- Do not drink anything once you have completed the second half of the solution. This should be at least 3 hours before your procedure.



Step 1

Pour **ONE** (1) 6-ounce bottle of SUPREP liquid into the mixing container.



Step 2

Add cool drinking water to the 16-ounce line on the container and mix.

Note: Be sure to dilute SUPREP as shown before you drink it.



Step 3

Drink **ALL** the liquid in the container.



Step 4

You **must** drink two (2) more 16-ounce containers of water over the next 1 hour.

Note: You **must** finish drinking the final glass of water at least 2 hours, or as directed, before your procedure.

You are ready for the exam if you followed all instructions and your stool is no longer formed, but clear or yellow liquid

COLON CLEANSING TIPS

1. Stay near the toilet! You will have diarrhea, which can be quite sudden. This is normal.
2. Continue to drink the prep solution every 15 minutes as directed. Occasionally, this may involve drinking the solution while sitting on the toilet.
3. Rarely, people may experience nausea or vomiting with the prep. If this occurs, give yourself a 30-90 minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
4. It is common to experience abdominal discomfort until the stool has flushed from your colon (this may take 2 to 4 hours, and occasionally significantly longer).
5. Anal skin irritation or a flare of hemorrhoidal inflammation may occur and can be treated with a variety of over the counter remedies including hydrocortisone creams, baby wipes, or Tucks pads.
6. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories.