

SUPREP PREPARATION

DATE: _____ ARRIVAL TIME:

LOCATION: _____ PROCEDURE TIME:

1. **Please read instructions at least 5-7 days before your procedure.** This prep causes multiple bowel movements. It may work within ten minutes or take as long as three hours. Remain within easy access of toilet facilities.
2. **Five to Seven DAYS BEFORE THE PROCEDURE** - Have your prescription filled. **Purchase at any pharmacy 4 Tablets of Dulcolax laxative (no prescription needed).** Do not follow instruction from the pharmacy. **This sheet is the only instruction you will need.**
3. **5 DAYS BEFORE THE PROCEDURE** - If you routinely have less than 2 bowel movements per week then you will also need to purchase an 8.3oz bottle of Miralax. Begin taking a dose of Miralax twice a day **5 days prior** to your procedure. Take the last dose of Miralax in the morning **the day before** your procedure
4. If you are taking any blood thinners like: Plavix, Coumadin, or Pradaxa, Xarelto, Nabumetome, Eliquis, or _____ please stop taking them **FIVE DAY'S PRIOR.**
5. Three **DAYS BEFORE THE PROCEDURE** - STOP eating fruits and vegetables including beans, corn and seeds.
6. If you are taking Metformin of Glucophage, **Stop taking Metformin (Glucophage) 24 hour prior to procedure. Please bring a list of your current medications including dosage and frequency to your procedure appointment**
7. **THE DAY BEFORE THE PROCEDURE** - You may only have clear liquids the entire day such as water, coffee, tea, broth, sodas, apple juice, Gatorade, Kool-aid, Jell-O, popsicles and hard candy. You may not have any solid food. **It is important to drink extra clear liquids before your prep to maintain adequate hydration. Do not drink liquids that are not clear such as milk. Do not drink liquids that are red or purple in color. Solid food, milk or milk products are not allowed.**
8. **At 5:00 pm the day before your procedure:** pour the entire contents of **one bottle** of SUPREP Bowel prep kit into the mixing container provided. Then add 16 oz. of water to the container to fill line as indicated on the mixing container. Drink the entire amount. Step 2: over the next hour, drink two additional 16 oz. containers of plain water.
9. **The day of the procedure:** at least **5 hours** before your procedure, pour the entire contents of the remaining bottle of SUPREP Bowel prep kit into container provided. Then add 16 oz. of water to the container to fill line as indicated on the mixing container. Drink the entire amount Step 2: over the next hour, drink two additional 16 oz. containers of plain water.
10. **Diabetic Patients:** Avoid diet sodas and juices. Drink regular sodas and juices during the preparation for this procedure. You will need the extra calories. If you take oral medications for diabetes take the oral medications in the morning the day prior to your procedure then hold medications until after your procedure. If you take insulin for diabetes please make sure to monitor your glucose levels carefully. During the preparation take half of the normal insulin dose. Do not take long acting insulin the evening prior to your procedure. Check your glucose level the morning of your procedure. Hold insulin if level is low, otherwise you may take half the regular insulin in the morning.
11. **A 48 hour (business days) notice is required if you need to cancel or reschedule your appointment or you will be charged a cancellation fee of \$100.00.**