

## SUPREP

### PLEASE FOLLOW OUR INSTRUCTIONS TO PREPARE FOR YOUR PROCEDURE

On the morning of \_\_\_\_\_ start a clear liquid diet. Such as : Water, Flavored water, Apple Juice, **White** Grape Juice, country-time Lemonade, Ginger Ale, Soda, diet or regular, (7-UP, Mountain Dew, Sprite, Coke or Pepsi), Coffee (no milk or creamer)(sugar ok) Tea, Gatorade, Chicken or Beef (broth or bouillon) Jell-O, Popsicles. **You cannot eat or drink anything red or purple. Please do not eat solid foods, or drink any liquid with pulp, alcohol, or milk products.** This includes BREAKFAST, LUNCH, AND DINNER.

**Please avoid seeds, nuts, popcorn, raw fruits and raw vegetables for 2 days prior to your prep date.**

### DO NOT DRINK ANYTHING 4 HOURS PRIOR TO YOUR PROCEDURE

#### First Dose of SUPREP:

At 5:00 PM on \_\_\_\_\_ **(DO NOT ADJUST TIME)**

- Step 1.** Pour ONE (1) 6 ounce bottle of Suprep liquid into the mixing container.
- Step 2.** Add cool drink water to the 16 ounce line on the container and mix.  
(You may use any "Acceptable" liquid listed above in place of water)
- 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 hour.

#### Second Dose of SUPREP:

At \_\_\_\_\_ on \_\_\_\_\_ **(DO NOT ADJUST TIME)**

Repeat steps 1 through 4 using the remaining 6 ounce bottle.

\_\_\_\_\_

IF YOU GET THE PLAIN LABEL... **Generic (Peg 3350, Go-lytely)** Mix this prep on the morning before your procedure and refrigerate. You will also need to purchase **2 DULCOLAX laxatives** and take them both at 2 pm on the day before your procedure. At 5:00 pm you will drink 8 oz. every 10-15 minutes of mixed solution until half of the container is empty.

At \_\_\_\_\_ on \_\_\_\_\_ you will drink the remaining half of the solution, again 8 oz every 10-15 minutes until container is empty. **DO NOT ADJUST THESE TIMES.**

#### MEDICATIONS

Do not take NSAIDS, Iron, or Vitamins plus Iron for 5 days prior to your procedure. (Aspirin ok to take but avoid morning of procedure) Stop Plavix, Pradaxa, Effient or Xarelto 5 days prior to your procedure. Coumadin or Warfarin should be stopped for 3 days or Eliquis 2 days prior \*. **Take your medications for Blood Pressure, Heart, Anxiety, Seizure and Asthma/Lung the morning of your procedure with just enough water to get the medication down, less than 3 ounces.** Bring Inhalers with you. If you are Diabetic, DO NOT take your pills the morning of your procedure. For Insulin, take half of your usual dose the day before, then none on the day of your procedure. **Check your blood sugar the morning of your procedure. If it is high, call our office so we can give individual instructions.** If you are on dialysis, you must be dialyzed the day before your procedure.

**\*Please contact your prescribing physician before interruption of your medications**

**\*\*IF YOU ARE BEING FOLLOWED BY A CARDIOLOGIST, HAVE HAD A RECENT HEART TEST, AND/OR ARE SCHEDULED TO HAVE ONE DONE, PLEASE LET OUR OFFICE KNOW AS ANESTHESIA REQUIRES THIS INFORMATION.**