



## Suprep Bowel Prep Instructions

**\*\*\*Read All Instructions Upon Receipt\*\*\***

**Medications:** If you are taking a blood thinning medication, follow your doctor's instructions on holding or continuing this medication. Stop all Stool Formers, Vitamins and Iron 5 days prior to your appointment. Take all other morning medication with a small sip of water at least 3 hours prior to your arrival time.

**Diabetics on Diabetic Medication:** If you are a diabetic, please see diabetic instructions.

**Foods:** 2 days prior to appointment stop eating the following foods – nuts, seeds and raw vegetables. The day before your appointment you should only eat/drink clear liquids, no milk or milk products and nothing red or purple.

**Upon awakening, the day before your procedure, start a clear liquid diet.** See attached list of sample liquid diet for Non Diabetics.

### Prep:

***At 5:00 PM, the day before your appointment, begin drinking the 1<sup>st</sup> dose of Suprep***

- Pour one (1) 6-oz bottle of Suprep liquid into container
- Add cool drinking water to the 16-oz line and mix
- Drink all liquid in the container (drinking small amounts over 1 hour is more tolerable)
- Drink two (2) 16-oz containers of water over the next two (2) hours
- Continue clear liquid diet as above (NO SOLID FOOD)

***Five (5) hours prior to your arrival time, drink the second dose of Suprep***

- Pour one (1) 6-oz bottle of Suprep liquid into container
- Add cool drinking water to the 16-oz line and mix
- Drink all liquid in the container (drinking small amounts over 1 hour is more tolerable)
- Drink two (2) more 16-oz containers of water over the next hour. **You must stop drinking water at least 3 hours prior to your arrival time (take your morning medications 3 hours prior to arrival time). Do not chew gum or tobacco.**

**Transportation:** Bring someone with you that can safely drive you home. No Taxi's, Uber or Public Transportation allowed.

**Cancel or Reschedule:** Please let us know at least 3 business days, prior to your appointment, if you need to cancel or reschedule to avoid a late notice fee.

**Smoking (cigarette, cigar, pipe, marijuana, vapor, chew tobacco) Nicotine Patch OK to use:** Please do not smoke, on the date of the procedure, until after your procedure.

**Call 210-614-1234 if you have any questions**