

SUPREP

Bowel Prep Instructions

READ ALL INSTRUCTIONS UPON RECEIPT

5 DAYS PRIOR:

- If you have not received your SUPREP preparation, please call your doctor's office.
 - If you are taking a blood thinning medication, follow your doctor's instructions on holding or continuing this medication.
 - Stop all stool formers (Metamucil, FiberCon, Citrucel), vitamins and iron, but continue your other medications.
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2 DAYS PRIOR:

- Stop eating nuts, seeds, and raw vegetables.
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1 DAY PRIOR:

- Only consume clear liquids.
 - Do not eat solid food until after your procedure.
 - No milk or milk products, no soy or non-dairy creamer, no juice pulp, no alcohol, and nothing red or purple in color.
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EVENING PRIOR TO COLONOSCOPY AT 5 PM:

- Begin drinking the **1st 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.
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DAY OF COLONOSCOPY: 5 HOURS PRIOR TO YOUR PROCEDURE ARRIVAL TIME:

- Drink the **2nd 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.
- Do not drink anything else after this.



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3 HOURS PRIOR TO YOUR PROCEDURE ARRIVAL TIME:

- Take all other morning medication with a small sip of water at least 3 hours prior.
 - Do not chew gum or tobacco.
 - You must stop drinking water.
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TRANSPORTATION:

- Bring someone with you that can safely drive you home. No taxi's, ride shares or public transportation, unless you are accompanied by a family member or friend.
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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.
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NO CHEWING TOBACCO OR SMOKING (CIGARETTE, CIGAR, PIPE, MARIJUANA, VAPOR):

- Please do not smoke or chew tobacco on the date of the procedure, until after your procedure. Nicotine Patch OK.

CALL 210-614-1234 IF YOU HAVE ANY QUESTIONS