

**YOUR BOWEL PREP IS EXTREMELY IMPORTANT!**  
**PLEASE READ INSTRUCTIONS CAREFULLY**

<p><b>1 Week Before</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Purchase</b> the following: <ul style="list-style-type: none"> <li><input type="checkbox"/> SuPrep Bowel Prep- Pick up from your pharmacy. If your insurance does not cover this, do not purchase it and contact our office for other options.</li> <li><input type="checkbox"/> GasX or simethicone gas relief, over the counter. You will only need 4 of these. These help decrease bubbles in your colon.</li> <li><input type="checkbox"/> 119 gram bottle of MiraLAX powder (over the counter).</li> <li><input type="checkbox"/> Clear liquids- Refer to clear liquid diet handout.</li> </ul> </li> <li><input type="checkbox"/> <b>Plan for a driver:</b> Plan for someone to drive you home or escort you if taking alternate modes of transportation. You will be sedated for your procedure. You should not drive again until the morning after your procedure.</li> <li><input type="checkbox"/> <b>Stop eating</b> any visible seeds, nuts or whole grains. You can still eat fruits and vegetables if you remove the seeds from them. While we may not cancel your procedure if you have accidentally eaten them the week before your procedure, it may impact the quality of your prep.</li> <li><input type="checkbox"/> <b>Stop taking all supplements.</b> Continue taking your prescription medications and multivitamins.</li> <li><input type="checkbox"/> If you are <b>diabetic</b> and/or taking <b>prescription blood thinning medication</b>, refer to handout. If you did not receive this handout, contact our office.</li> </ul>
<p><b>2 Days Before</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Start clear liquid diet</b> from the time you wake up. See clear liquid diet handout.</li> <li><input type="checkbox"/> <b>At 7:00 pm:</b> Mix 3 capfuls of MiraLAX with 24 oz of water. Drink this mixture over 30 minutes, to reduce nausea.</li> <li><input type="checkbox"/> Continue clear liquids to stay hydrated.</li> </ul>
<p><b>1 Day Before</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Continue clear liquid diet</b> from the time you wake up.</li> <li><input type="checkbox"/> <b>At 6:00 pm:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pour one bottle of SuPrep liquid into the 16 oz mixing container. Fill the rest of the container with cool water. Drink all of the mixture.</li> <li><input type="checkbox"/> Take 2 GasX pills.</li> </ul> </li> <li><input type="checkbox"/> <b>Drink two</b> more 16 oz containers of cool/cold water over the next hour. Do not guzzle it. <ul style="list-style-type: none"> <li><input type="checkbox"/> If you experience nausea or vomiting take a 15-30 minute break, then continue drinking prep solution.</li> </ul> </li> </ul>
<p><b>Procedure Day</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Continue clear liquid diet</b> from the time you wake up.</li> <li><input type="checkbox"/> <b>6 HOURS PRIOR:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Stop all use of cigarettes, e-cigarettes, chewing tobacco and marijuana.</b></li> <li><input type="checkbox"/> Pour the second bottle of SuPrep liquid into the 16 oz mixing container. Fill the rest of the container with cool water. Drink ALL the mixture.</li> <li><input type="checkbox"/> Take 2 more GasX pills.</li> <li><input type="checkbox"/> Drink two more 16 oz containers of cool/cold water over the next hour.</li> </ul> </li> <li><input type="checkbox"/> <b>4 HOURS PRIOR:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> NOTHING by mouth – including gum, hard candy/mints.</li> <li><input type="checkbox"/> You may take your essential morning medications with four tablespoons (2 oz) of water, 2-4 hours prior to your procedure, unless otherwise directed by your physician.</li> </ul> </li> <li><input type="checkbox"/> <b>After your prep</b> your stools should appear clear yellow-green with no solid matter or fecal sediment. You should be able to see through to the bottom of the toilet. If you cannot see through to the bottom of the toilet and your appointment is before 8am, you may call the on-call physician after 6am. Otherwise, please call the endoscopy center after 7am for further advice.</li> <li><input type="checkbox"/> <b>Have the following:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> A ride home.</li> <li><input type="checkbox"/> Insurance cards and driver's license. Do not bring valuables.</li> </ul> </li> </ul>