

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

Prep: SuPrep

<p>1 Week Before</p>	<ul style="list-style-type: none"> ❑ Purchase the following: <ul style="list-style-type: none"> ○ SuPrep Bowel prep – Pick up from pharmacy. If your insurance does not cover this, do not purchase it and contact our office for other options. ○ GasX or simethicone gas relief over the counter. You will only need 4 of these. These help to reduce bubbles in your GI tract which improves the quality of your exam. ○ Clear liquids – Refer to clear liquid diet handout. ❑ Plan for a driver: 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. ❑ Stop eating any visible seeds, nuts or whole grains. You can still eat fruits and vegetables if you remove the seeds from them. Refer to the dietary guidelines handout. Please do not take oil-based vitamins/supplements (A, D, E or K, fish oil, etc.) for a full 7 days before your procedure. 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. ❑ If you are diabetic and/or taking prescription blood thinning medication, refer to handout. If you did not receive this handout, contact our office.
<p>1 Day Before</p>	<ul style="list-style-type: none"> ❑ Start clear liquid diet from the time you wake up. Refer to clear liquid diet handout. ❑ At 6:00 pm: <ul style="list-style-type: none"> ○ 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. ○ Take 2 GasX pills. ❑ Drink two more 16 oz containers of cool/cold water over the next hour. Do not guzzle it. <ul style="list-style-type: none"> ○ If you experience nausea or vomiting take a 15-30 minute break, then continue drinking prep solution. ❑ Continue clear liquids to stay hydrated.
<p>Procedure Day</p>	<ul style="list-style-type: none"> ❑ Continue clear liquid diet from the time you wake up. ❑ 6 HOURS PRIOR to your procedure: <ul style="list-style-type: none"> ○ Stop all use of cigarettes, e-cigarettes, chewing tobacco and marijuana. ○ 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. ○ Take 2 GasX pills. ○ Drink two more 16 oz containers of cool/cold water over the next hour. ❑ 4 HOURS PRIOR to your procedure <ul style="list-style-type: none"> ○ NO DRINKING/NOTHING by mouth – including water, gum, hard candy/mints. ○ The only exception: If you have a critical medication that cannot be taken 4-6 hours early, it can be taken up to 2 hours before the procedure, BUT ONLY WITH A SIP OF WATER (no more than 2-3 TABLESPOONS). ❑ If you cannot see through to the bottom of the toilet one hour after finishing your prep, please call our office for further advice after 6 am. ❑ Have the following: <ul style="list-style-type: none"> ○ A ride home. To be confirmed at check-in. ○ Insurance cards and driver's license. Do not bring valuables.