

**PM Bowel Preparation with SUPREP**

- **You must be accompanied by a friend or relative to drive and assist you home. We WILL NOT discharge you to a cab, bus, uber or other transportation service without a responsible party with you. You may not drive until the day after your procedure.**

**Special Instructions Regarding Medications**

- If you are on an **anticoagulant/blood thinner** our nurse will contact you with instructions after contacting your prescribing physician. If you have not heard from the nurse 1 week prior to your procedure please contact our office.
- **Do Not take Iron supplements for one week prior** to the procedure date. Multivitamins are OK.
- **Diabetic patients:** \_\_\_\_\_
- **Do Not take Water Pill/Diuretic** (Lasix (furosemide), HCTZ (Hydrochlorothiazide), Dyazide, Diovan HCT, Spironolactone), **on the day of the procedure**
- **Heart/Blood Pressure/Thyroid/Seizure/Anxiety Medications can be taken on the day of the procedure** with a sip of water.
- **Stop Effexor one day before** the procedure (if applicable)
- **Asthmatic patients** should bring their **INHALERS** with them on the day of the procedure



**THE DAY BEFORE YOUR PROCEDURE**

**IMPORTANT NOTE: follow the instructions below, NOT the instructions on the prep's packaging**

- **You MAY Eat a light breakfast until 11:00 am**  
(ex: scrambled eggs, plain white toast, orange juice. **NO** whole grains, cereals, oatmeal, etc.)
- **YOU MAY NOT HAVE ANY SOLID FOOD AFATER 11:00 am ONLY CLEAR LIQUIDS**
- Take all of your normal prescription medications, **unless advised otherwise.**
- **At 6 pm** -  yes  no Take 2 Dulcolax (Bisacodyl) Laxative tablets with water **2** hours before first dose of prep

- **At 8 pm** – Pour (1) 6 oz bottle of **Suprep** liquid into the mixing container  
Add cool drinking water to the 16 oz line on the container and mix.
- Begin drinking the **Suprep** solution. Drink all the liquid in the container
- You **MUST** drink two (2) more 16 oz containers of clear liquid over the next 2 hours

### **DAY OF YOUR PROCEDURE**

- **At 6 am -**  
Pour (1) 6 oz bottle of Suprep liquid into the mixing container  
Add cool drinking water to the 16 oz line on the container and mix.
- Drink all the liquid in the container
- You **MUST** drink two (2) more 16 oz containers of clear liquids over the next 2 hours.
- Prep **MUST** be completed 4 hours prior to your arrival time

**NOTHING BY MOUTH 4 HOURS BEFORE YOUR ARRIVAL TIME**

General or reschedule questions call 610-431-3122