

GASTROENTEROLOGY CONSULTANTS, P.C.

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SUPREP FOR YOUR COLONOSCOPY PREP

Patient's Name _____ Date of Procedure _____

Procedure START Time _____ **ARRIVAL TIME:** _____

****If you need to cancel/reschedule your procedure, we require 2 days notice****

YOU WILL NEED TO PURCHASE SUPREP PRESCRIPTION FOR THIS PREP.

DAY BEFORE PROCEDURE:

1. **Drink only CLEAR LIQUIDS for breakfast, lunch and dinner.** Suggestions below.
2. Starting anytime after 4:00 p.m., pour ONE (1) 6 oz. bottle of Suprep liquid into the mixing container. Add cool drinking water to the 16 oz. line on the container & mix. Drink all the liquid in the container. Expect MANY bowel movements to follow.
3. You must drink two (2) more 16 oz. containers of water or clear liquid over the next 1 hours. This is very important to avoid dehydration.

MORNING OF PROCEDURE:

Approximately 5-6 hrs prior to your procedure, repeat step 2, drinking your second dose. Be sure you finish drinking all of the dose at least 4 hours before your procedure start time. Do not drink any more liquids other than the Suprep in the morning. Typically, you will only have 1-2 bowel movements after the 2nd dose of Suprep.

***** If you have a morning arrival time, you can take both doses of Suprep the evening before: 1st dose at 4:00 p.m. and 2nd dose at 10:00 p.m. *****

*****IF YOU FEEL YOUR COPAY FOR SUPREP IS TOO HIGH, THERE IS AN ALTERNATE PRESCRIPTION THAT IS LESS EXPENSIVE, HOWEVER, IT INVOLVES A LOT MORE TO DRINK*****

CLEAR LIQUIDS ALLOWED: Water, Gatorade, clear fruit juice, strained soups, bouillon, broth, plain jello , popsicles, Italian ice, sprite, or coke. Coffee and Tea are allowed with sugar, hot or cold, but NO MILK OR CREAMER. No liquid with red dye.

NO SOLID FOODS, MILK OR TOMATO PRODUCTS, OR ORANGE JUICE ALLOWED.

Medications: The day BEFORE the procedure, take your medications as you normally do. The day OF the procedure, we recommend taking the medications AFTER the procedure. Exception: If you are on blood pressure meds, please go ahead & take that medication as early as possible the morning of procedure with a *small* amount of water.

YOU WILL BE SEDATED AND WILL NOT BE ALLOWED TO DRIVE AFTER YOUR EXAM.

PLEASE BE SURE SOMEONE IS WITH YOU TO DRIVE YOU HOME.

CALL US WITH ANY QUESTIONS AT 770-442-5882.