



# Gastroenterology Consultants, P.C.

M. Thomas Riddick, M.D.

770-442-5882 [www.gastroenterologyconsultants.net](http://www.gastroenterologyconsultants.net)

## SUPREP FOR YOUR COLONOSCOPY PREP

Patient's Name \_\_\_\_\_ Date of Procedure \_\_\_\_\_

Procedure Start Time: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

Place: Georgia Endoscopy Center  
3330 Preston Ridge Rd, Ste 200, Alpharetta, GA

YOU WILL NEED TO PURCHASE SUPREP PRESCRIPTION FOR THIS PREP.

Visit [www.suprekit.com](http://www.suprekit.com) for a printable coupon (for commercial insurance only)

### DAY BEFORE PROCEDURE:

- \* **NO SOLID FOODS. Drink Clear liquids throughout ENTIRE day.**  
**Very important to stay hydrated throughout the day. See Clear liquids suggestions below.**
- \* Between 8:00 and 10:00 a.m., drink a minimum 20 oz. of any clear liquids
- \* Between 10:00 a.m. and 12:00 p.m., drink a minimum 20 oz. of any clear liquids
- \* Between 12:00 p.m. and 4:00 p.m., drink a minimum of 32 oz. of any clear liquids.
- \* **At 4:00 p.m., start SUPREP bowel prep.** Pour (1) 6 oz. Bottle with Suprep liquid into the mixing container provided. Add cool drinking water to the 16 oz. Line on the container, mix and drink. Follow with a minimum 20 ounces of any clear liquid, more if desired.
- \* Over the next few hours between dosing, try to drink a minimum of 16 oz. of clear liquids
- \* **At 10:00 p.m., take the last dose of SUPREP.** Pour the remaining 6 oz. Bottle with Suprep liquid into the mixing container provided. Add cool drinking water to the 16 oz. Line on the container, mix and drink. Drink as much clear liquids as desired before retiring to bed. Typically your second dose will only result in 1-2 bowel movements, so you should be able to retire to bed withing a couple of hours.

**\*\*\*\*IF YOU FEEL YOUR COST FOR THE SUPREP IS TOO HIGH, THERE IS AN ALTERNATE METHOD THAT IS LESS EXPENSIVE. HOWEVER, IT DOES INVOLVE A LOT MORE TO DRINK, WE SUGGEST YOU CHECK WITH YOUR PHARMACY A FEW DAYS AHEAD TO ALLOW TIME TO CHANGE YOUR PRESCRIPTION\*\*\*\***

**NOTHING BY MOUTH THE MORNING OF THE PROCEDURE \*\*\*\*\*PLEASE NOTIFY OUR OFFICE IF YOU ARE TAKING BLOOD THINNERS\*\*\*\*\***

CLEAR LIQUIDS ALLOWED: Water, Gatorade, apple juice, white grape juice, strained soups, bouillon, broth, jello, popsicles, Italian ice, sprite, or coke. Coffee and Tea are allowed with sweetener, but NO MILK OR CREAMER. No liquids that are red in color or contain red dye.

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 medication that you take in the mornings, please take that medication as early as possible the morning of procedure with a small sip of water.

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

**You will be sedated and will not be able to drive after your exam. Please be sure someone is with you.**

**You will be there approximately 2 ½ hours. PLEASE GIVE ONE WEEK NOTICE FOR ANY CANCELLATION.**