

## SUPREP Bowel Prep Instructions

### IMPORTANT:

- Take your prep prescription to the pharmacy at least 5 days in advance.
- Follow the instructions on this piece of paper, not the booklet that comes in the prep box.
- Buy a small package of simethicone, Gas-X or Phazyme at the pharmacy (will use during prep).
- Please avoid iron supplements in addition to nuts, seeds, corn, popcorn for 5 days leading up to the procedure
- **STOP warfarin 5 days** prior, **Plavix 5 days** prior, **Eliquis 3 days** prior, **Xarelto 2 days** prior to the procedure (unless otherwise directed).
- You do not need to stop Aspirin 81mg, and normal doses of ibuprofen, Motrin, Aleve, naproxen, etc.

### DAY BEFORE THE PROCEDURE

Before 9:00am, it is OK to have a small/light breakfast – toast, eggs, fruit, coffee, tea, etc

After breakfast, you may have clear liquids only for the rest of the day

\*\*If your procedure is in the afternoon – i.e. after 1:00p – you may also have a small lunch before noon\*\*

#### Liquids OK to Drink:

- Water (drink plenty to prevent cramping)
- Broth (beef, chicken, vegetable), plain
- Ginger Ale, Sprite, or 7-up (diet is okay)
- Plain Jell-O (avoid red/purple; no fruit or whip cream)
- Juices (apple or white grape juice, pulp free)
- Sports drinks (avoid red/purple)
- Popsicles (avoid red/purple)

#### AVOID:

- Dairy products
- Non-dairy creamers
- Orange juice
- Tomato juice

### USING THE SUPREP KIT:

At 6:00pm, complete all steps 1 through 5 using one 6-ounce bottle.

**Step #1:** Pour **one** 6-ounce bottle of SUPREP liquid into the mixing container.

**Step #2:** Add cool drinking water to the 16-ounce line on the container and mix.

**Step #3:** Drink **all** the liquid in the container.

**Step #4:** Swallow or chew 2 tablets of simethicone or Gas-X.

*\*\*If you experience prep-related nausea, bloating or cramping, pause or slow the rate of drinking the additional water in step 5 until your symptoms diminish\*\**

**Step #5:** You must drink **two more** 16-ounce containers of water over the next 1 hour.

See Email

for times (6 hours before scheduled procedure time) repeat all 5 steps above using the second 6-oz bottle.

It is OK to consume clear liquids only up until **4 hours before the procedure start time**. Continue taking other daily medications, such as heart, cholesterol, blood pressure, seizure medication with small sips of water up until **4 hours before the procedure start time**. After this, take **NOTHING** by mouth.



YOU CANNOT TAKE A BUS, TAXI, UBER OR LYFT HOME FROM THE PROCEDURE

