

SUPREP BOWEL PREP INSTRUCTIONS

FOLLOW THESE PREP INSTRUCTIONS, NOT THE INSTRUCTIONS ON THE SUPREP BOX

Preparation for your colonoscopy starts 5 days prior to your procedure

Review the check off list on the other side of this form. Follow accordingly.

Start a Low Fiber Diet 5 days before procedure.

See enclosed low fiber diet foods allowed and what to avoid

Start a Clear Liquid only diet the day before your procedure and up to 4 hours prior to you procedure.

See enclosed Clear Liquid drinks allowed and what to avoid

SUPREP BOWEL PREP

Remember: Follow these instructions, not the instructions on the Suprep Box

Suprep is a prescription item that is called into your preferred pharmacy once that information is provided to us. If you have not obtained your prep 5 days prior to your procedure, and your pharmacy does not have a prescription called in, notify Middlesex Gastroenterology @ 978 429 2000.

If you are prone to constipation or difficulty passing regular bowel movements, take three (3) Dulcolax laxative tablets at 8am on the day **BEFORE** your procedure. Dulcolax laxative tablets may be purchased at your pharmacy without a prescription.

Suprep Bowel Prep is taken as a split dose (2-day) regimen. Both bottles of solution must be taken in order to have good results.

5 PM the evening before your procedure:

Pour the first 6 ounce bottle of SUPREP liquid into the mixing container. Add cool water to the 16 ounce line on the container. Mix thoroughly. Drink All the liquid in the container.
Follow this by drinking 2 more 16 ounce glasses of water within the next 1 hour.

The day of your procedure: 5 hours prior to your procedure time

Pour the second 6-ounce bottle of SUPREP liquid into mixing container. Add cool water to the 16 ounce line on the container. Mix thoroughly. Drink All the liquid in the container.
Follow this by drinking 2 more 16 ounce glasses of water within the next hour

You must finish drinking your final glass of water at least 4 hours prior to your procedure.

REMEMBER: Nothing to drink 4 hours prior to your procedure. This includes water

If you are not having clear bowel movements after the second dose of SUPREP, call the office @

978 429-2010

**** Turn page over for a daily check off list****

Check off circle as you complete each step

5 Days before Procedure:

- Start eating a Low Fiber Diet
- Arrange for a family member or friend to transport you to and from your procedure
(Your procedure will be cancelled if you do not have a confirmed ride home)
- Pick up your Bowel Prep from your pharmacy, Call 978 429 2000 if a prescription call in is needed
- If you take Blood Thinners or Insulin, call Middlesex Gastroenterology at 978 429 2010 for dosage
- Stop taking vitamin supplements, herbal medications, or non-steroidals (Advil, Motrin, etc)
- Continue all other regular daily medications

Days 4,3 and 2 before your Procedure:

- Continue eating a Low Fiber Diet

Day before your Procedure: *Follow these instructions, not the instructions on the Suprep Box*

- If prone to constipation, take 3 dulcolax laxative tablets at 8am (over the counter)
- Clear liquid diet only
- No solid foods
- No milk products
- Do not drink anything with red, blue or purple coloring
- No alcoholic beverages

5 pm the evening before your procedure:

- Prepare and drink prep solution (Step 1)
- Drink 32 ounces of water in the next hour
- Continue drinking clear liquids

Day of Your Procedure:

5 hours before your procedure:

- Prepare and drink prep solution (Step 2)
- Drink 32 ounces of water in the next hour
- Have nothing to eat or drink 4 hours before your procedure**
- Take any prescribed heart or blood pressure medications with a small sip of water.

Arriving for your Procedure:

- Arrive for your procedure at your scheduled time.
- Your ride must be available to pick you up within 1.5 hour of your procedure time
- If your ride leaves the building, a phone number is required to contact that person

Once back home:

- Do not drive today
- Do not work today
- Do not drink alcohol today
- Unless otherwise informed, resume all medications, eat and drink
- Follow any specific instructions given to you post procedure by your physician