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Suprep  
ASMO

GASTROINTESTINAL DIAGNOSTIC CENTER  
4660 WILKENS AVENUE, SUITE 302  
BALTIMORE, MARYLAND 21229  
410-242-3636  
www.gibaltimore.com

410-247-7500  
x207 Julia

COLONOSCOPY

DATE: \_\_\_\_\_

ARRIVAL TIME: \_\_\_\_\_ APPOINTMENT TIME: \_\_\_\_\_

GENERAL INSTRUCTIONS:

This procedure will be performed at the GastroIntestinal Diagnostic Center (GIDC), 4660 Wilkens Avenue, Suite 302. A colonoscopy takes approximately 20-30 minutes. You will then be taken to the recovery room, where you will remain approximately 1 hour.

You will be sedated for this procedure and will not be allowed to drive home or Return to work after the procedure. **Please arrange for a responsible adult to transport you to and from the Center. YOUR PROCEDURE WILL BE CANCELLED IF YOU DO NOT HAVE A RESPONSIBLE ADULT WITH YOU.**

MEDICATIONS:

1. If you are taking iron medications discontinue 10 days prior to preparation.
2. If you are taking aspirin, or aspirin containing medications, discontinue 7 days prior to preparation.
3. Arthritic medications should be discontinued 4 days prior to preparation.
4. If you are taking Metamucil, Citrucel, Colace, Pericolace, or a similar product, discontinue 2 days prior to preparation.
5. If you are **Diabetic**, please discuss your medication with your physician. Take ½ dose of \_\_\_\_\_ the day before procedure, none the morning of procedure.
6. If you are taking antibiotics, you may continue as instructed.
7. Coumadin or other blood thinners may be stopped for several days prior to the procedure. Please discuss this with your physician.
8. Do not take any tranquilizers on the morning of the procedure, because you will have sedation.
9. If you are taking medication for your heart, you may take your medication with 4 oz. of water the morning of your procedure.
10. If you are taking medication for high blood pressure, please discuss this with your physician.
11. Please notify your physician if you are unable to complete your preparation for this procedure.

STOP: \_\_\_\_\_ prior to procedure.

**SUPREP BOWEL PREP**

**Fill your prescription for Suprep**

It is extremely important for you to be hydrated before any bowel prep. Please drink extra water a few days prior to your prep day.

Refrigerate both of the Suprep bottles.

The first day of your prep is \_\_\_\_\_ you may have a light breakfast such as: Cereal, Oatmeal, Cream of Wheat or a Scrambled Egg. **YOU WILL THEN STAY ON A CLEAR LIQUID DIET.**

**CLEAR LIQUIDS**

Water	Apple Juice
Clear Broth or Bouillon	Powdered Lemonade
Coffee or Tea(Sweetened, Black)	Jello(Lemon or Lime)
White Grape Juice	Gatorade
Clear soft Drinks	Lemon Italian Ice
Ice Popsicles	

**DO NOT DRINK ANYTHING THAT IS RED, ORANGE OR PURPLE!!!**

**FIRST DOSE: Beginning at 6:00PM:**

Pour one 6-ounce bottle of Suprep liquid into the mixing container. Add cool drinking water to the fill line on the container and mix.

Drink all the liquid in the container over the next half hour. (You can use a straw. Do not chug the liquid)

**After finishing the Suprep, you will drink two(2) 16-ounce containers of water over the next hour.**

**SECOND DOSE: Begin at \_\_\_\_\_:**

Pour one 6-ounce bottle of Suprep liquid into the mixing container. Add cool drinking water to the fill line on the container and mix.

Drink all the liquid in the container over the next half hour.

**After finishing the Suprep, you will drink two(2) 16-ounce containers of water over the next hour.**

**You may continue to drink clear liquids until \_\_\_\_\_.**

**FILL YOU OSMOPREP PRESCRIPTION**  
**AND**  
**PURCHASE 4 DULCOLAX TABLETS (LAXATIVE)**

**Stay on clear liquids all day.**

The day before your procedure is \_\_\_\_\_,  
you will be on a clear liquid diet the entire day. **NO SOLID FOOD**

**BEGIN YOUR PREP AT:**

6:00pm	Take 4 Osmoprep Tablets with 8oz of any clear liquid.
6:15pm	Take 4 Osmoprep Tablets with 8oz of any clear liquid.
6:30pm	Take 4 Osmoprep Tablets with 8oz of any clear liquid.
6:45pm	Take 4 Osmoprep Tablets with 8oz of any clear liquid.
7:00pm	Take 4 Osmoprep Tablets with 8oz of any clear liquid.
10:00pm	Take 4 Osmoprep Tablets with 8oz of any clear liquid.
10:15pm	Take 4 Osmoprep Tablets with 8oz of any clear liquid.
10:30pm	Take <b><u>4 Dulcolax Tablets</u></b> with 8oz of any clear liquid.

You may continue to drink clear liquids until **midnight.** Nothing by mouth after midnight.

**CLEAR LIQUIDS**

Water	Apple Juice
Clear Broth or Bouillon	Powdered Lemonade
Coffee or Tea(Sweetened, Black)	Jello(Lemon or Lime)
White Grape Juice	Gatorade
Clear Soft Drinks	Lemon Italian Ice
Ice Popsicles	

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