



# Digestive Care Center

## General Procedure Instructions

Read and follow these instructions closely. Failure to follow them will result in your procedure being **cancelled or rescheduled** to a different day. These instructions are for your safety. Failure to follow them could cause severe complications, resulting in **HOSPITALIZATION or even DEATH**.

**\*\*DO NOT DRINK ANYTHING FOR FOUR (4) HOURS BEFORE YOUR SCHEDULED PROCEDURE START TIME. THIS EVEN INCLUDES CHEWING GUM, MINTS, OR SMALL AMOUNTS OF WATER AND MEDICATIONS.\***

**\*\*NO TOBACCO PRODUCTS SIX (6) HOURS BEFORE YOUR SCHEDULED PROCEDURE START TIME.\*\***

**\*\*Avoid CBD Oil and Marijuana use 24 hours prior to your procedure.\*\***

**\*\*Please notify us** if you are taking any **blood thinning** medications, (ex: Coumadin, Plavix, Aggrenox, Xarelto, Eliquis, Pletal, Pradaxa, etc.) or Diabetic Medication.

**Do NOT** take any of the following medications for **SEVEN (7) days** prior to your procedure:

1. Iron medications or supplements (e.g. Fermalox, Niferex, Ferrous Sulfate), or vitamins containing iron
2. Any fiber supplements such as Metamucil, Citrucel, Konsyl

**DO:**

1. Call the facility where you will have your procedure with any questions regarding your medications or preparation instructions.
2. **Have an adult (18+) accompany you to the procedure. He/she MUST stay at the center the entire time you are there to be available for any emergencies and because some of the medication you will receive will impair your ability to drive.**
3. If you are having a colonoscopy, follow the prep instructions carefully and completely.
4. If you are having an upper endoscopy (EGD), begin a clear liquid diet at 11:00 PM the night before your procedure.
5. Stay hydrated by drinking plenty of clear liquids up to your four hour cutoff point.
6. Brush your teeth, but do not swallow water or toothpaste.
7. Check with the physician managing your medications regarding options for temporarily stopping any blood thinning medications or diabetic medications.
8. Take your normal dose of blood pressure, heart, or seizure medications. If, you should take medication the morning of your procedure, take it **at least four (4) hours prior to your procedure**.
9. Arrive for your procedure as directed. Your arrival time will be approximately one hour before your procedure begins. However, if your procedure is scheduled for 7:00am or 7:30am, please be aware that our office does not open until 6:30am. You do not need to arrive before 6:30am.
10. Because each case is different, many factors determine what time your procedure will actually begin. Please remain patient. We will do our best to accommodate you in a timely manner.



# Digestive Care Center

## Suprep® Colonoscopy Prep Instructions

\*Pick up your prescription that was filled at your preferred pharmacy.

### One week before your procedure do NOT eat:

Strawberries	Caraway seeds (rye bread)	Pineapple	Tomatoes
Chili or kidney beans	Lettuce	Popcorn	Corn
Oil products	Breads with sesame seeds	Red/orange Jell-O	Oranges
Fruit or vegetable skin/seeds	Peas	Grapefruit	Nuts

You may eat any food not listed above, including fruits and vegetables that are peeled and have the seeds removed.

The day before your procedure, you may consume a light breakfast and lunch, no solid food after 5:00 pm. You may **only** have the following low fiber foods for breakfast and lunch:

**\*\*Please avoid liquids containing RED, PURPLE, or, ORANGE dyes. \*\*NO milk, orange juice, or tomato juice.**  
**\*\*DO NOT consume any alcoholic beverages.**

<b>Breakfast:</b>	Two (2) eggs, fried or boiled      two (2) slices wheat bread/toast      smooth peanut butter Yogurt with no fruit      30g low-fat, mild cheese
<b>Lunch:</b>	½ cup cooked white rice      chicken or turkey lunch meats      smooth peanut butter Two (2) slices wheat bread      saltine crackers

### At 5:00 pm, you MUST start a clear liquid diet, limited only to:

Fat-free broth or bouillon	Ginger ale	Iced tea
Coffee with NO creamer	Kool-aid	Soft Drinks (i.e. Coke, Sprite, Pepsi)
Hi-C	Clearfruit juices	Plain gelatin desserts

**\*\*Please avoid liquids containing RED, PURPLE, or, ORANGE dyes. \*\*NO milk, orange juice, or tomato juice.**

1. **At 6:00 pm**, start the first half of the Suprep. Empty one (1) 6-ounce bottle into the mixing container. Add cool drinking water to the 16-ounce line on the mixing container. Mix to dissolve. (NOTE: Dilute the solution concentrate as directed prior to use.) **DRINK ALL THE LIQUID IN THE MIXING CONTAINER.**
2. You MUST drink two more 16-ounce containers of water over the next 1 hour.

### Five Hours Before Your Procedure

1. Complete the Suprep. Empty one (1) 6-ounce bottle into the mixing container. Add cool drinking water to the 16-ounce line on the mixing container. Mix to dissolve. (NOTE: Dilute the solution concentrate as directed prior to use.) **DRINK ALL THE LIQUID IN THE MIXING CONTAINER.**
2. You MUST drink two more 16-ounce containers of water over the next 1 hour.

**Do NOT consume anything 4 hours before your procedure.**






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SUPREP Bowel Prep Kit is a split-dose (2-day) regimen.  
Both 6-ounce bottles are required for a complete prep.

**FIRST DOSE:** Begin Step 1 at 6:00 pm the evening before your procedure and proceed as shown below:

**\*\*YOU MUST complete Steps 1 through 4 using one (1) 6-ounce bottle before going to bed\*\***

<p><b>STEP 1</b></p>  <p>Pour <b>ONE (1)</b> 6-ounce bottle of SUPREP liquid into the mixing container.</p>	<p><b>STEP 2</b></p>  <p>Add cool drinking water to the 16-ounce line on the container and mix.</p> <p><b>NOTE:</b> Dilute the solution concentrate as directed prior to use.</p>
<p><b>STEP 3</b></p>  <p>Drink <b>ALL</b> the liquid in the container.</p>	<p><b>STEP 4</b></p> <p><b>IMPORTANT</b></p>  <p>You <b>must</b> drink two (2) more 16-ounce containers of water over the next 1 hour.</p>

**SECOND DOSE:** Begin Step 1 the morning of your procedure and proceed as shown above: For this dose, repeat Steps 1 thorough 4 shown above using the other 6-ounce bottle.

**NOTE: YOU MUST finish drinking the final glass of water at least 4 hours before your colonoscopy.**