



# SUPREP Bowel Prep Kit

**NOTE:** Before beginning the following steps, have your prescription for SUPREP filled at the pharmacy.

## Day of Procedure

You will receive intravenous sedation and this will impair your driving ability. You must make arrangements for someone to take you home after the procedure. **You must not drive until the next day.**

**Prescribed medications to be taken the morning of the procedure:** for heart disease (not aspirin), high blood pressure and asthma with a small sip of water.

Any medication for diabetes should be brought along with you the day of the procedure to be taken after the procedure is completed – Check with your physician about possibly adjusting your dosage prior to the procedure

## Do Not Take

Aspirin or aspirin type products (Coumadin, Advil, Aleve, Motrin, Ecotrin, Plavix, Warfarin, Xarelto, Effient, Pradaxa, Eliquis) for one week (**5-7 days**) prior to procedure. **You will need clearance from your Cardiologist prior to stopping these medications. Stop: Vitamin E., Iron and Ginko 1 week prior.**

Please advise your physician prior to your appointment if you have any problems with your heart valve or if you have a heart murmur.

## Do Not Eat

Food containing seeds for **five days prior** to your procedure which includes, but not limited to, sesame, poppy seeds, strawberries, pepper, etc.

## The Day Before Your Procedure

**DRINK ONLY CLEAR LIQUIDS FOR BREAKFAST, LUNCH AND DINNER – NOTHING RED OR PINK IN COLOR**

**Clear liquids include:** JELLO, APPLE JUICE (NO PULP), TEA/COFFEE (NO MILK OR NON-DAIRY CREAMER), CLEAR BROTH (VEGETABLE, BEEF, CHICKEN), SODA (GINGER ALE, SPRITE, 7UP), WATER, LEMONADE (NO PULP), GATORADE (G2 LOW SUGAR) AND POPSICLES. **SOLID FOODS, MILK, AND MILK PRODUCTS NOT ALLOWED**

**NO EATING OR DRINKING THE MORNING OF YOUR PROCEDURE**

## Directions For Taking SUPREP The Day Before Your Procedure:

- 1. At \_\_AM/PM,** pour one 6 oz. bottle of Suprep liquid into the mixing container, then add cool clear liquid (see list above) to the 16 oz. line on the container and mix. **DRINK ALL THE LIQUID IN THE CONTAINER.**
- 2. At \_\_AM/PM,** pour the second 6 oz. bottle of Suprep liquid into the mixing container, then add cool clear liquid (see list above) to the 16 oz. line on the container and mix. **DRINK ALL THE LIQUID IN THE CONTAINER.**
- 3. Also, drink an additional 16 oz. of clear liquid. \*\*THIS STEP IS VERY IMPORTANT\*\***

Appointment Date: \_\_\_ / \_\_\_ / \_\_\_

Time: \_\_\_\_\_ AM / PM

Arrival Time: \_\_\_\_\_

Location: \_\_\_\_\_

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