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### **INSTRUCTIONS FOR SUPREP BOWEL PREP**

- Your procedure is scheduled at **our Endoscopy Center/OMH** on \_\_\_\_\_ at \_\_\_\_\_  
You should expect to be at the endoscopy center for about 2 to 2 1/2 hours.
- Obtain your bowel prep products from your pharmacy and buy Gas-X from over-the counter
- Please stop taking your **aspirin, celebrex, Plavix, motrin, aleve, and other ibuprofen containing medications five days before your test, unless we instruct you otherwise.**
- If your test is scheduled for a morning DO NOT take any of your regular a.m medications(except inhalers and medicines for seizures) on the day of your test. You MAY TAKE your regular a.m medications if your test is scheduled for the afternoon. **Continue to take your inhalers and seizure medications as prescribed by your physician.** Bring your medication bottles along with you. Do not hesitate to call us with questions about your medications.
- **You will need specific instructions if you take Coumadin/Warfarin, Pradaxa, Xarelto, Eliquis, Savaysa or other anticoagulants. Please let us know if you do take any of these medications.** You may need to be switched to a blood thinning shot.
- **Do not take your diabetic pills** the evening before and the morning of your test. You should only **take half the usual dose** of your **Insulin shot** the day before your test, and none on the morning of your test.
- In preparation for your procedure try to **eat less of foods high in fiber** for at least **5 days** before the procedure. Some foods to avoid include: bran, whole grain cereals, all beans, raw fruits and vegetables, potato skins, nuts, raisins, corn, seeds and popcorn.

### **THE DAY BEFORE THE PROCEDURE(\_\_\_\_\_)**

- **Have a regular breakfast before 10am on \_\_\_\_\_.** Then start **CLEAR LIQUIDS, and continue until two hours before your test.** See attached list for clear liquid diet suggestions. **NO SOLID FOOD AFTER 10AM THE DAY BEFORE YOUR TEST**
- Drink 8oz of clear liquid every hour before you start your prep. This will help prevent dehydration.
- At \_\_\_\_\_pm begin the first dose of SUPREP. Pour **ONE** (1) 6-ounce bottle of SUPREP liquid into the mixing container given in the SUPREP kit. Add cool drinking

water to the 16-ounce line on the container and mix with a spoon. Drink **ALL** the liquid in the container.

- You **MUST** drink two (2) more 16-ounce containers of water over the next 1 hour. Use the empty container to do this.
- **Take 2 Gas-X tablet with 8oz of clear liquid at 8pm**

### **THE DAY OF THE PROCEDURE:**

- At \_\_\_\_\_ **a.m.**, begin the second dose of SUPREP. This will be done the same way as before. Pour ONE 6-ounce bottle of SUPREP liquid into the mixing container given in the SUPREP prep kit. Add cool drinking water to the 16-ounce line on the container and mix with a spoon. Drink **ALL** the liquid in the container. This should be done in one hour.
- You **MUST** drink two (2) more 16-ounce containers of water over the next 1 hour. Use the empty container to do this.

### **Take 2 Gas-X tablet immediately after finishing your prep solution.**

- You may continue with a clear liquid diet until 2 hours before your test.
- **EAT NO SOLID FOOD.**
- **DO NOT DRINK OR EAT ANYTHING FOR 2 HOURS BEFORE YOUR TEST.**
- You may apply a petroleum based ointment or diaper rash ointment to the rectal area if you experience discomfort.
- YOU WILL NEED A **RESPONSIBLE ADULT** TO DRIVE YOU HOME AFTER YOUR PROCEDURE. PLAN ON TAKING THE WHOLE DAY OFF OF WORK/SCHOOL THE DAY OF YOUR PROCEDURE. IF YOU DECIDE TO RIDE THE **BUS OR TAXI**, A **RESPONSIBLE ADULT** SHOULD RIDE WITH YOU.
- Please call the office at **910 353-6158** if you have any questions regarding your prep or procedure.

**PLEASE FOLLOW THE INSTRUCTIONS ABOVE TO ENSURE YOUR COLON IS CLEAN. WE MAY NEED TO REPEAT THE TEST IF YOUR COLON IS NOT CLEAN**

**You may have a friend/family member come with you for your procedure. Due to limited parking and sitting space we ask that you only come with one family or friend. Please arrange for someone to care for your children while you're at our surgery center. We appreciate your understanding with this policy.**

PLEASE VISIT THE "PATIENT EDUCATION" SECTION ON OUR WEBSITE  
[www.eastcarolinagastro.com](http://www.eastcarolinagastro.com) TO LEARN MORE ABOUT YOUR PROCEDURE