

Procedure: _____

Date: _____ Arrival Time: _____

PLEASE READ INSTRUCTIONS ONE WEEK PRIOR TO PROCEDURE

1. One week prior to procedure, stop taking fiber supplements and iron supplements.
2. You must have someone to drive you home after the procedure because you will be sedated. You will not be able to drive or go to work until the next morning. Cabs or other public transportation are not acceptable unless there is a responsible adult to accompany you. Your driver must check-in with you at the time of your arrival. **Your procedure may be cancelled if you arrive without acceptable transportation and we cannot verify your transportation arrangements.**
3. You will be asked to leave any electronic devices with your driver. For the privacy of other patients, electronic devices will not be allowed in the procedure area.

Step 1: The Day Before the Procedure

The day before the procedure, you may have a Clear liquids only. (Example: apple juice, broth, popsicles, black coffee). **No solid food or Milk products.**

Step 1: At **6 pm: Drink the first dose of Suprep:**

- Pour one (1) six ounce container of Suprep liquid into the mixing container.
- Add cool drinking water to the 16-ounce line on the container and mix.
- Drink all the liquid in the container.
- You must drink two (2) more 16-ounce containers of water over the next hour.
- Continue with clear liquids until midnight.

Step 2: The Night Before the Procedure

At 11 pm, drink the second dose of Suprep and finish in 1 hour. Repeat steps as listed in the first dose using the other 6-ounce bottle.

- Pour one (1) 6-ounce bottle of Suprep liquid into the mixing container.
- Add cool drinking water to the 16-ounce line on the container and mix.
- Drink. ALL the liquid in the container.
- You must drink two (2) more 16-ounce containers of water over the next 1 hour.
- **NOTHING by mouth after finishing Suprep. Except heart and blood pressure medications with a sip of water.**

Step 3: The Day of the Procedure

- **NOTHING BY MOUTH except: Heart and blood pressure medications should be taken as scheduled with a sip of water.**
- Please limit jewelry to rings only. No earrings or necklaces should be worn.
- Please avoid using perfumes and fragrances as some patients are sensitive due to respiratory issues.