

# MID-FLORIDA GASTROENTEROLOGY GROUP, P.A.

## Suprep Bowel Prep Kit Instructions

### **TWO DAYS BEFORE EXAM**

FILL PRESCRIPTION FOR SUPREP, IF THE PHARMACY DOES NOT HAVE IT, ASK THEM TO ORDER IT FOR PICK UP TOMORROW MORNING OR GO TO ANOTHER PHARMACY. YOU CAN PICK UP THIS PRESCRIPTION IN ADVANCE BUT DO NOT MIX THE SUPREP WITH WATER UNTIL THE DAY YOU ARE TO DRINK IT. THIS WAY IF THERE IS A CHANGE IN THE PROCEDURE DATE, YOU WILL STILL BE ABLE TO USE THE PRODUCT.

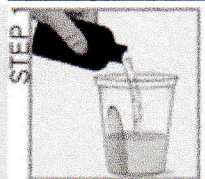
### **THE DAY PRIOR TO YOUR PROCEDURE:**

**You will be on a clear liquid diet (NO SOLID FOODS.)** This includes: Water, White Grape Juice, Apple Juice, Coffee WITHOUT cream, Tea, Chicken/Beef Bouillon or Broth NO NOODLES/VEGGIES, Carbonated beverages, Yellow popsicles, Yellow Jell-O, Juices (except prune, tomato, or V-8 juices).

**YOU MAY SUCK ON HARD CANDY, NO DAIRY PRODUCTS. NO RED, PURPLE LIQUIDS. NO GREEN JELL-O.**

**\*\*DRINK CLEAR LIQUIDS THOUGHOUT THE DAY TO PREVENT DEHYDRATION\*\***

### How to take SuPrep (first dose):



At  3 p.m.  on \_\_\_\_\_ pour 1 (6oz) bottle of SUPREP into the plastic mixing container provided in your kit.



Add cool drinking water to the 16-ounce line on the container and mix.

**NOTE: Be sure to dilute SUPREP as shown at left before you drink it.**

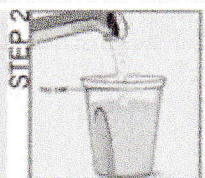


Drink **ALL** the liquid in the container.

### How to take SuPrep (second dose):



At  10 p.m.  on \_\_\_\_\_ pour 1 (6oz) bottle of SUPREP into the plastic mixing container provided in your kit.

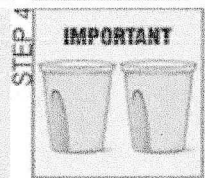


Add cool drinking water to the 16-ounce line on the container and mix.

**NOTE: Be sure to dilute SUPREP as shown at left before you drink it.**



Drink **ALL** the liquid in the container.



You **must** drink two (2) more 16-ounce containers of water over the next 1 hour.

**\*\*FYI: You may add sugar free, lemon flavored crystal light to your prep. It may help with the taste. The prep is already sweetened so any other flavor may overpower the taste.\*\***

### **FACTS:**

- **YOU CAN CONTINUE THE CLEAR LIQUID DIET UNTIL MIDNIGHT, BUT NOTHING AFTER MIDNIGHT.**
- WEAR COMFORTABLE 2 PIECE OUTFITS, AS YOU MAY HAVE SOME ABDOMINAL BLOATING AFTERWARDS.
- YOU MUST TAKE ANY HEART AND BLOOD PRESSURE MEDICINE WITH A SMALL SIP OF WATER THE MORNING OF THE PROCEDURE. HOLD ALL OTHER MEDICATIONS, UNLESS SPECIFICALLY ORDERED BY US.
- YOU WILL BE GIVEN SEDATION AND STATE LAW REQUIRES THAT YOU BRING SOMEONE TO DRIVE YOU HOME. THE PROCEDURE WILL NOT BE DONE IF YOU DO NOT HAVE A RIDE HOME. **NO EXCEPTIONS!!**
- PLEASE LET THE OFFICE KNOW IF YOU HAVE TO TAKE ANTIBIOTICS BEFORE PROCEDURES, OR IF YOU TAKE BLOOD THINNERS OR ARE A DIABETIC. SPECIAL ARRANGEMENTS AND/OR BLOOD WORK MAY NEED TO BE ORDERED.
- DO NOT TAKE INSULIN/DIABETIC MEDICATION THE EVENING BEFORE OR THE MORNING OF THE PROCEDURE.
- SHOULD YOU DECIDE NOT TO FOLLOW THE ABOVE DIRECTIONS FULLY, THE PROCEDURE WILL **NOT** BE ABLE TO BE COMPLETED. BE PREPARED TO BE AT THE SURGICAL CENTER FOR APPROX. 2-3 HOURS.

**\*\*\*HOLD ALL ASPIRIN, IRON, PLAVIX, IBPROFEN, MOTRIN, ALEVE, ADVIL, COUMADIN, CELEBREX, AND NAPROXEN FOR 5 DAYS BEFORE THE TEST\*\*\***

**AFTER THE EXAM:** YOU WILL NOT BE ALLOWED TO DRIVE AFTER THE PROCEDURE. YOU WILL BE DROWSY SEVERAL HOURS AFTERWARDS. OUR OFFICE WILL CALL YOU WITH A FOLLOW-UP VISIT AS NEEDED A FEW DAYS AFTER THE TEST. IF A BIOPSY WAS TAKEN, IT CAN TAKE UP TO A WEEK BEFORE WE RECEIVE THOSE RESULTS, ONCE WE DO, WE WILL CONTACT YOU. THE FOLLOW-UP VISIT IS SEPARATE FROM THE PROCEDURE AND IF YOUR INSURANCE REQUIRES A CO-PAY IT WILL BE DUE THE DAY OF THE VISIT.

**MID-FLORIDA GASTROENTEROLOGY CONTACT NUMBER: 407-321-4570 OR 386-789-5400.**