

SUPREP BOWEL PREP - How to prepare for your Colonoscopy

NOTE: *If you take any blood thinning medications such as Coumadin, Eliquis, Plavix, Pradaxa, Warfarin, Xarelto; have an artificial heart valve; an allergy to Latex; take Phentermine; or have had issue with this particular prep in the past — please call your physician's office for further instructions.*

PLEASE READ ALL ENCLOSED INFORMATION & FOLLOW INSTRUCTIONS CAREFULLY TO ENSURE A SUCCESSFUL PREP

Detailed step-by-step instructions included on Page 2

**1 day prior
to procedure:**

- **NO SOLID FOODS.** A clear liquid diet is necessary for a colonoscopy, so you must be on a clear liquid diet all day.
- Please continue taking all of your routine medication as normal, with the exception of the medications listed above.
- *If you are DIABETIC, please refer to the Diabetic Medication Instruction sheet.*
- You will need to be home by 6:00pm the night before your procedure to begin prep.

**Day of
your
procedure:**

- **Stop all liquids (nothing by mouth) 4 HOURS prior to procedure**
- If you take daily medication (including blood pressure, seizure & heart medications), take it with small sips of water only, **AT LEAST 4 hours before your procedure**
- You may brush your teeth, but do not swallow
- **Do NOT eat candy / mints, chew gum or chew tobacco**
- **Do NOT smoke cigarettes, marijuana, cigars, pipes, e-cigarettes, or vape**

Bring your ID and a copy of your current insurance card

YOU MUST BE ACCOMPANIED BY AN ADULT FRIEND OR RELATIVE TO DRIVE YOU HOME. YOU MAY NOT DRIVE OR GO HOME BY TAXI/BUS/CAR SERVICE. IF YOU DO NOT HAVE A DRIVER, YOUR PROCEDURE WILL BE CANCELLED.

ITEMS NEEDED FOR PREP:

APPROVED FOR CLEAR LIQUID DIET:

- SuPrep Bowel Prep Kit



DO NOT
follow instructions
on SuPrep box
Please follow
instructions we
have provided

- Simethicone/Gas-X tablets

(You will need a total of 4 tablets)



- Soda, coffee, tea (no dairy/creamer)
- Clear juices (apple, white grape)
- Broth (chicken, beef, vegetable)
- Fitness Waters
- Jell-O
- Popsicles



NO
PURPLE, RED
or ORANGE



AVOID:

- Milk / Milk products / Non-dairy creamers
- Juices / Popsicles with Pulp
- Alcohol
- **PURPLE, RED & ORANGE** items



SUPREP BOWEL PREP INSTRUCTIONS

DO NOT follow instructions on the SuPrep box. Please follow these instructions we have provided for you

PLEASE REFER TO THE BOX FOR INGREDIENTS AND CONTRAINDICATORS

- *SUPREP Bowel Prep Kit is taken as a split dose (2-day) regimen*
- **BOTH 6-ounce bottles are required for a complete preparation**

Take the first 6-ounce bottle of SUPREP the evening before your colonoscopy at **6:00pm**

Take the second 6-ounce bottle of SUPREP exactly **SIX hours** prior to your colonoscopy

It is important to drink the additional water as recommended in the Instructions for Use

At 6:00pm the night before your procedure:

Step #1 Pour (1) 6-oz. bottle of SUPREP liquid in to the mixing container

Step #2 Add cool drinking water to the 16-oz. line on the container & mix

**NOTE: Be sure to dilute SUPREP with water before you drink it*

Step #3 Drink all of the liquid in the container

Step #4 Chew 2 Simethicone / Gas-X tablets

Step #5 You must drink two (2) more 16-oz. containers of water over the next 1 hour

- *You may continue to consume the approved clear liquids on the instruction sheet throughout the evening*
- *Mix the second 6-oz. bottle of SUPREP with 16-oz. water & cool in refrigerator overnight*

SIX HOURS prior to your procedure time:

Step #6 Drink your second dose of SuPrep mixed with 16-oz. of water

Step #7 Chew 2 Simethicone / Gas-X tablets

Step #8 You must drink two (2) more 16-oz. containers of water over the next 1 hour

STOP ALL LIQUIDS 4 HOURS PRIOR TO PROCEDURE

- *If you take daily medication (including blood pressure, seizure & heart medications), take it with small sips of water only, **AT LEAST 4 hours** before your procedure*
- *You may brush your teeth, but do not swallow*
- *Do not eat candy / mints, chew gum or chew tobacco*
- *Do not smoke cigarettes, marijuana, cigars, pipes, e-cigarettes, or vape*