



<u>1 WEEK PRIOR TO YOUR PROCEDURE</u>	<u>3 DAYS PRIOR</u>	<u>1 DAY PRIOR</u>	<u>PROCEDURE DAY</u>
<p>IF you have any of the following conditions, please call office one week prior to discuss with endoscopy navigator. In some cases, special considerations or adjustments need to be made.</p> <ul style="list-style-type: none"> <li>• <u>Diabetes</u></li> <li>• <u>Artificial Heart Valves</u></li> <li>• <u>History of Joint Replacement</u></li> <li>• <u>Currently taking blood thinning medication</u></li> <li>• <u>Pacemaker or Defibrillator</u></li> <li>• <u>Chronic Constipation</u></li> </ul> <p><b>STOP ANY IRON SUPPLEMENTS ONE WEEK PRIOR</b></p> <p><b>DO NOT TAKE ANY NSAIDS OR ANTI-INFLAMMATORY MEDICATIONS 2 DAYS PRIOR (This may increase risk of bleeding if polyps removed). YOU MAY USE TYLENOL FOR PAIN RELIEF. IF YOU ARE ON NSAIDS OR ANTI-INFLAMMATORY MEDICATIONS FOR A CHRONIC CONDITION, PLEASE DISCUSS WITH ENDOSCOPY NAVIGATOR BEFORE DISCONTINUING.</b></p>	<p><b><u>BEGIN LOW FIBER DIET</u></b> <i>Please see attached sheet. Eat foods in green section. <u>Avoid ALL foods in red section.</u></i></p> <p><b><u>TRANSPORTATION</u></b> MUST HAVE A DRIVER 18 years or older PLAN TO STAY 2-2 ½ hrs (from time of arrival)</p>  <p>You will be given medication to make you comfortable and therefore <u>you will be unable to drive</u>. Without a driver, we will be forced to reschedule.</p> <p><b><u>CANCELLATIONS:</u></b> <u>AVOID POSSIBLE FEES!</u> Call as soon as possible if you cannot keep appointment.</p>	<p><b><u>CLEAR LIQUID DIET ONLY!</u></b></p>  <p><b><u>DIET INSTRUCTIONS</u></b> Drink from list on back of this form. <b>NO SOLID FOOD</b> Only clear liquids from time you get up today until 6 PM when you begin Step 1 of Bowel Prep (see below).</p> <p><b><u>EXPECT A CALL</u></b> Our Surgery Center Staff will be contacting you to complete their medical preparation notes.</p> <p><b><u>SUPREP INSTRUCTIONS</u></b> <u>Do not drink both bottles in one night! Follow instruction in Step 1 and 2.</u></p> <p><b>Step 1: 6-8 PM</b> Pour one brown bottle into clear cup provided in box and add 10 oz of plain water. Drink all of it. Then drink two 16 oz glasses of water. You may use same cup provided (it's 16 oz if filled to line) or bottled water.</p> <p>You will be drinking total of three 16 oz cups. First cup includes prep solution and water, other two cups are just plain water and you must drink all 3.</p> <p><u>After you finish, only drink water, 7UP, Sprite, Sierra Mist or Ginger Ale through the night</u> <u>No other clear liquids.</u></p>	<p><b>Step 2:</b> _____</p> <p><i>Follow same instructions in Step 1 with remaining brown bottle in Suprep box. You must drink all 3 cups as you did before and finish within 2 hours. Once you finish, do not have anything else by mouth, <u>even water</u>, unless you take morning medications.</i></p> <p><b><i>IF YOU TAKE MORNING MEDICATIONS: Take with few sips of water, ONE hour after finishing prep. Then NOTHING by mouth.</i></b></p> <p><b>Note:</b> After you have completed your prep, your bowel movements should be in the clear liquid state (typically clear or yellowish). Please call our office if that is not the case. <i>NOTE: It may take a couple of hours after drinking last dose of prep to finish cleanse. Call with problems at _____</i></p> <p># _____</p> <p><b><u>BE SURE TO BRING:</u></b></p> <ul style="list-style-type: none"> <li>Co-Pay &amp; Insurance Card</li> <li>Valid Picture ID</li> <li>Medication list</li> <li>Signed Patient Rights</li> </ul>

**CLEAR LIQUID DIET**  
**(Day Prior to Procedure)**

**SUPREP TIPS**

**Note: NO LIQUIDS THAT ARE RED IN COLOR**

**Soups**

- Bouillon (Beef, Chicken, or Veg.)
- Broth (plain)

**Desserts**

- Jell-O (except red)
- Popsicles (except red)

**Beverages**

- Apple Juice
- Black Coffee
- Tea (green or black)
- Gatorade/Sports Drinks (except red)
- Lemonade (no pulp)
- Pop/Carbonated Soft Drinks (Coke or Pepsi are okay)
- White Grape or White Cranberry Juice

**CAUTION**

***Do not consume alcohol, as it can result in renal disease and dehydration.***

**In addition, you may have the following:**

- Hard Candy (not red)
- Sugar
- Honey
- Salt
- Syrup

- To improve the taste, mix your Suprep solution in the morning with water and refrigerate until 6 p.m.
- Chase the Suprep solution with Ginger Ale, 7 UP, Sierra Mist, or Sprite to offset the after taste.
- Use a lemon drop candy in between sips.
- Use a straw to avoid as much contact as possible with your tongue.

**NOTE: After you begin bowel prep at 6 PM, limit clear liquids to water, 7 UP, Sprite, Sierra Mist or Ginger ale through the night, and until Step 2 is completed. After Step 2, you will have nothing by mouth, even water.**

