

Mid State Gastroenterology, LLC

Suprep Split Dose Prep for CentraState Medical Center

One (1) Week Before Your Procedure

- 1.) Arrange a ride. You will be sedated for your procedure and you cannot drive or return home alone. If you arrive without a responsible escort, your procedure will have to be rescheduled. There are **NO exceptions**.
- 2.) Stop taking iron supplements or multivitamins with iron, unless otherwise directed by your doctor.
- 3.) Stop taking any NSAIDs (anti-inflammatory medications) such as Advil, Aleve, Motrin, aspirin, Celebrex unless taken for vascular or heart disease.
- 4.) If you are taking Plavix, aspirin or Coumadin, please notify MSG for instructions on taking these medications for your procedure.
- 5.) Purchase the prescription at your local pharmacy for Suprep Bowel Prep Kit. It contains two 6 ounce bottles of Suprep.

One (1) Day Before Your Procedure

- 1.) You cannot eat any solid foods. Start your clear liquid diet at breakfast.
- 2.) Clear liquid diet allows: Water, ice pops (NOT red), clear broth or bouillon, Gatorade or Kool-Aid (NOT red, strained fruit juices **without** pulp (apple, white grape or lemonade), coffee and tea (NO milk or non-dairy creamers), Jell-O (NOT red) **without** added fruit or toppings, carbonated and non-carbonated drinks (Ginger-ale, Sprite, 7-Up, Cola), Italian ices (Not red). If you can't see through it, you can't have it. **DO NOT DRINK ANYTHING THAT IS THE COLOR RED!!**
- 3.) Throughout the day, drink at least 64 ounces of clear liquids-the more the better-prior to beginning your prep. This will help prevent dehydration.
- 4.) At **6:00 pm** - Mix (1) bottle of the Suprep liquid into the mixing container. Add cold water to the fill line of container and drink entire solution.
- 5.) At **6:30 pm** - Drink 16 ounces of a clear liquid
- 6.) At **7:00 pm** - Drink another 16 ounces of clear liquid
- 7.) After midnight do not eat or drink anything expect for the second prep.
- 8.) The (2nd) bottle of Suprep followed by two (2) 16 ounces of water must be finished within an hour and completed three (3) hours prior to your arrival time.
- 9.) **Nothing by mouth including clear liquids - must be stopped three (3) hours prior to your arrival time.**
- 10.) Please note exception: *The morning of your procedure you **MUST** take your regularly scheduled blood pressure, diabetic, cardiac, breathing, and anti-seizure medications with a very small sip of water about 1 hour after finishing prep.
- 11.) Please bring your inhaler if you use one.
- 12.) Please bring Bipap or Cpap machines if you use one.
- 13.) You may brush your teeth or use mouthwash before you come, but please **do not** swallow any liquids.
- 14.) Please do not wear heavy perfumes or creams. It is ok to use deodorant.