

GI Procedure Preparation Instructions

Suprep Preparation

Name:

Check-In Time:

Appointment date:

Appointment time:

Location:

Provider:

For questions contact the Digestive and Liver Clinic at 214-645-0595 from 8 a.m. to 5 p.m. Monday to Friday. After 5 p.m. you may contact the on-call provider in the Digestive and Liver Clinic at 214-645-0595.

5 days before

- Arrange for someone to pick you up following your appointment. You will not be able to drive.
- Go to the pharmacy and pick up your prescription colon prep, the oral laxative Suprep.
- Stop taking iron pills.
- It is **OK** to keep taking aspirin
- For patients with diabetes who are taking insulin, please call your prescribing physician for instructions.
- Please inform our office if you are taking blood thinners such as Effient, Eliquis, Pradaxa, Plavix, Xarelto, or Coumadin. You may require further instruction.

3 days before

- Stop eating foods that are hard to digest such as corn, greens, nuts and seeds.

1 day before

Drink **ONLY** clear liquids ALL DAY. NO SOLID FOODS.

- Clear liquids include strained fruit juices (no pulp): apple, white grape, broth, water, Gatorade, Popsicles, Jell-O, coffee or tea (with no creamer).
- Avoid liquids that contain red, blue or purple artificial dyes.
- Drink at least 8 glasses of clear liquids throughout the day.
- Take any prescription medication that you normally take, unless you have been instructed otherwise by our clinic.
- **Starting at 4:00 pm:** Pour ONE (1) 6 oz. bottle of SUPREP liquid into the mixing container. Add cool water to the 16-oz. line on the container and mix. Drink the entire amount quickly. DO NOT SIP.
- **Drink an additional 32 oz.** water as quickly as you can manage. DO NOT SIP.

- Stay near a toilet. Over the next several hours, you will have diarrhea, which can be quite sudden. This is normal, as the purpose of this process is to empty your colon.
- You may have skin irritation from frequent wiping with toilet paper. We recommend either Vaseline or Tucks Wipes to treat any tenderness.
- At night, take any prescription medication that you normally take.

Day of procedure

- **5 hours prior to appointment time:** On morning of procedure, pour ONE (1) 6 oz. bottle of SUPREP into the mixing container. Add cool water to 16 oz. line on container and mix. Drink entire amount. Drink an additional 32 oz. water over next hour. You must consume all the prep at least **4 hours before** your procedure time
- You should be passing clear or clear yellow liquid from your rectum. If not, please call our office for further instructions.
 - Contact the Digestive and Liver Clinic at 214-645-0595
- **The morning of the procedure,** take your usual medicines with a few sips of water. Follow the instructions provider gave you regarding insulin.
- Again, do not eat solid food. Drink **ONLY** clear liquids up to 2 hours before your procedure, then do not eat or drink anything.

Upon arrival

- Bring your insurance card and a picture ID but leave all other valuables at home.
- Expect the procedure to take about 3 to 4 hours total.
- Children under 12 are not allowed in the waiting room. Please make other arrangements for childcare.
- You **MUST** have a responsible adult to take you home. We cannot let you leave on your own or in hired transportation (such as a cab or a ride-hailing service). Your responsible party will be notified in the waiting area or called when you are ready to leave.