

**Instructions to Clean Your Colon
SUPREP Split**

Name:
Appointment Date and Time:
Check in time:

Clinic Phone number: 214-645-0595
Provider:
Location:

| 5 Days Before | 1 Day Before | Procedure Day |
|--|--|--|
| <p>Follow directions for procedures scheduled 12:00 pm or later.</p> <ul style="list-style-type: none"> • Confirm your ride. • Go to the pharmacy to pick up your colon prep the oral laxative Suprep • Stop taking iron pills. • Stop eating foods that are hard to digest such as corn, greens, seeds and nuts. • It is OK to keep taking Aspirin • <i>Please inform our office if you are taking blood thinners such as Prasugrel (Effient), Epixaban (Eliquis), Dabigatran (Pradaxa), Clopidogrel (Plavix) Xarelto, Coumadin for further direction.</i> • Insurance : You will receive 2 phone calls, one from the physician's office and one from the facility explaining how much you have to pay. | <p align="center">Drink ONLY Clear Liquids ALL DAY NO SOLID FOOD</p> <ul style="list-style-type: none"> • Clear liquids are: Strained fruit juices (no pulp); apple, white grape, broth, water, Gatorade, Popsicles, Jell-O, coffee, tea (no milk or cream). • Drink at least 8 glasses of clear liquids throughout the day. • 4 pm – Pour ONE(1) 6-oz bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16 oz. line on the container and mix. Drink entire amount. DO NOT SIP. • Drink additional 32 oz water over next hour. DO NOT SIP. • At night, take all the medicines you normally take. For directions taking insulin contact your prescribing provider. • Your bottom may become sore from wiping too much. Vaseline or Tux® wipes help with soreness • SUPREP can cause mild cramping, bloating or nausea. If it does, you can slow down the speed of drinking but still try to finish prep as instructed. Always stay near a toilet when using laxatives. | <ul style="list-style-type: none"> • 5 hours prior to appointment: On morning of procedure, pour ONE(1) 6-oz bottle of SUPREP into mixing container. Add cool water to 16-oz line on container and mix. Drink entire amount. Drink 32 oz water over next hour. You must consume all of the prep at least 4 hours before your procedure time. • You should be passing clear liquid from your rectum. If not please call our office for further instruction or to cancel the procedure: 214-645-0595 • Take your usual medicines with a few sips of water. Follow directions you were given by your provider regarding insulin. • You can have clear liquids up until 2 hours before your check in time. • Bring your ID, insurance card and method of payment. Leave jewelry, money and other valuables at home. • You must have a responsible adult to take you home. Your ride will be paged or called when you are ready • Children under 12 are NOT allowed in the waiting room. • Allow 3-4 hours in GI Lab |