



SUPREP Colonoscopy Prep

You will need to arrive at StoneCrest Medical Center Main Entrance Registration Desk on the day of procedure **1 ½ hours** before your scheduled procedure time.

PREPARATION THE DAY BEFORE PROCEDURE:

Drink clear liquids **ALL DAY** For breakfast, lunch, and dinner. **NO SOLID FOOD. LIQUIDS ONLY.**

Examples of clear liquids are as follows: chicken or beef broth, apple juice, white grape juice, lemonade, soda, popsicles, water, ginger ale, Gatorade, hard candy, coffee (no cream or sugar), plain jello, tea.

NOTHING RED OR PURPLE AS THIS MAY MIMIC BLOOD AND INFLAMMATION IN COLON

NO Iron Pills or Bulk Agents (Metamucil, Fibercon, etc.) 48 hours prior to Procedure.

1: **At 5:00 pm** you will take (1) 6oz bottle of the SUPREP and pour it into the mixing container. Add cool water to the 16oz line of the container and mix. Drink **ALL** the liquid in container.

2. Please be sure to drink plenty of water after your first round of prep, to ensure you stay hydrated.

3: Set alarm for **6 hours prior to procedure time**. You will take the 2nd 6oz bottle of SUPREP and pour into the mixing container. Add cool water to the 16oz line on container and mix. Drink **ALL** the liquid in the container

Nothing else to drink after you have completed the bowel prep. **This is very important and includes water.**

THE DAY OF YOUR PROCEDURE:

You may take any Blood Pressure, Cholesterol, and Seizure medications the morning of your procedure with a ***SMALL SIP OF WATER*** (just enough to get it down).

If you are currently taking any Non-Steroidal Anti-Inflammatory Drugs (NSAIDS) (i.e. Advil, Aleve, Ibuprofen, etc.) daily, you will need to discontinue them one week prior to the procedure. **Tylenol is OK.**

YOU MUST HAVE AN ADULT (18 YEARS OR OLDER) TO DRIVE YOU FROM YOUR PROCEDURE.

If you think of any additional questions, please feel free to reach out to us at 615-223-6606! Thank you for trusting us with your care!