



Digestive Specialists, Inc.
Digestive Endoscopy Center, LLC
www.digestivespecialists.com

SuPrep Instructions

Please read these instructions thoroughly to ensure a successful preparation for your procedure.

Date _____ Time of Arrival _____

- Sugarcreek Twp.** 4340 Clyo Road, Suite 100
- Dayton** 1530 Needmore Road, Suite 100
- Huber Heights** 5697 Shull Road
- Springboro** 77 W. Eleanor Drive
- Miami Valley Hospital** One Wyoming Street • Dayton, 45409
- Kettering Medical Center** 3535 Southern Boulevard • Kettering, 45429

Colonoscopy Prep

1. SuPrep Bowel Prep Kit
 - prescription required
 2. Dulcolax (biscodyl) Laxative
 - 2 tablets
- 1 bottle of Magnesium Citrate (only if checked)

You are scheduled with Dr. _____

The Medical Assistant may be reached at _____.

After 5:00 PM or on weekends, call (937) 534-7330 to page your doctor.

Important Information

- For 7 days prior to your procedure stop taking iron supplements.
- For 3 days prior to your procedure drink plenty of fluids to hydrate yourself.
- Take heart, blood pressure or seizure medications with a small amount of water up to 2 hours before your procedure.
- Complete the entire preparation per the instructions on the back. If you get nauseated or vomit when drinking the prep and you have not finished the entire amount:
 - Stop drinking any further prep or liquids for the next hour until nausea/vomiting has subsided then restart drinking it until finished.
 - If you still cannot finish the prep, please call us at the number listed above.
- Bring a licensed driver. You will not be allowed to drive home.
- You may *not* take a cab alone.
- Do not smoke on the day of your procedure.



On _____ (Two days prior, only if box is checked)

- Drink 1 bottle of Magnesium Citrate (over the counter) at 6 pm.

On _____ (Day before your procedure)

- Begin clear liquid diet as instructed on the right ⇨
- Do not eat any solid foods until after your procedure is completed
- Drink as much clear liquid as you can all day in order to remain well hydrated.
- At 12:00 NOON, take 2 Dulcolax tablets
- At 4:00 PM pour one 6 oz bottle of SuPrep liquid into the mixing container, then add any other clear liquid of your choice to the 16 oz fill line on the container and drink all of the solution in the container.
- Between 4 PM- 5 PM you must drink an additional 32 oz of any clear liquid. (You can refill the container to the 16oz fill line two times with any clear liquid)

Clear Liquids Diet

(Liquids you can see through)

- *Gatorade is preferred*
- Clear fruit juices, white grape juice and apple juice
- Kool-Aid or PowerAde
- Clear soup, broth or bouillon
- Water
- Tea or coffee - *No cream* (May have sugar)
- Hard candies
- Soda pop
- Jell-O or popsicles
- Nothing red or purple
- Nothing alcoholic
- No protein drinks or smoothies

2nd Half of SuPrep- *Even if you are passing clear liquid the night before, you still need to complete the prep.*

On _____ at _____ AM / PM (6 hours before your arrival time)

- Pour one 6 oz bottle of SuPrep liquid into the mixing container, then add any other clear liquid of your choice to the 16 oz fill line on the container and drink all of the solution in the container.
- Over the next hour you must then drink an additional 32 oz of any clear liquid. (You can refill the container to the 16oz fill line two times with any clear liquid)

After completing the second part of the prep: Do not drink anything. Do not chew gum or eat hard candy.

