

Procedure Date: _____ **Arrival time:** _____

SEVEN days before your procedure

- If you take **insulin or blood thinners** contact your provider for specific medicine instructions.
- Confirm your procedure date and arrival time.
- Eat your regular diet.
- Stop taking fish oil.

THREE days before your procedure

- Continue your low fiber diet. Avoid eating foods with nuts and seeds.
- Drink at least one 8-ounce glass of water or clear fluid every hour while awake.

ONE day before your procedure

Do not eat any solid food today! Drink only the prep solution and clear fluids today!

Follow your provider's instructions about your medicines.

8:00 am

- Open the SuPrep kit and take out one SuPrep bottle and the cup.
- Pour the prep into the cup and add water to the fill line. Drink the solution over 30 minutes.
- Drink two (2) more cups of clear fluids over the next hour.
- Drink at least one 8-ounce glass of water or clear fluid every hour while awake.

5:00 pm

- Take two 125 mg Simethicone tablets with water.
- Continue to drink clear fluids while awake.

Procedure Day

Drink only the prep solution and water today!

FIVE (5) hours BEFORE your Scheduled procedure arrival time

- Pour the last bottle of SuPrep into the cup. Fill the cup with water to the fill line. Drink the solution over 30 minutes.
- Drink two (2) more cups of water over the next hour.
- Take two 125 mg Simethicone tablets and your AM medicines with water.
- STOP drinking water four (4) hours before your procedure arrival time.**

Two (2) hours before your procedure, if you still have brown or solid stool, call and talk to a nurse (919) 684-6437.

FIVE days before your procedure

STOP eating foods that are high in fiber like beans, raw fruits and vegetables nuts, and seeds.

STOP taking fiber supplements like Metamucil, Citrucel, and Fiberall.

Purchase your prep items:

- Two (2) - 5 mg Bisacodyl tablets
- Four - 125 mg Simethicone tablets
- One kit - SuPrep Prescription Prep from your preferred pharmacy
- Clear liquids – see list below

TWO days before your procedure

- Continue a low-fiber diet. Avoid eating foods with nuts and seeds.
- Drink at least one 8-ounce glass of water or clear fluid every hour while awake.
- Confirm your procedure arrival time with your driver.

6:00 pm:

- Take two (2) Bisacodyl tablets with a glass of water. Continue drinking clear fluids while awake.

***Clear Liquid Diet Details: Do NOT drink anything that is RED or PURPLE in color. NO DAIRY.**

Approved Clear Fluids:

- Clear sodas, black or green tea
- Clear juices, fitness waters
- Popsicles without pulp
- Chicken, vegetable, and beef broth,
- Gelatin, Italian Ice, Sports Drinks

Avoid ALL of these fluids:

- No milk/dairy
- No juices with pulp
- Nothing that is **RED or PURPLE in color**
- Clear liquid options with caffeine include Mountain Dew®, Mello-Yello®, and hot/cold black or green tea.



This is the GOAL of your preparation. Stool results should be clear yellow or clear green.

