

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

SEVEN days before your procedure

- If you take **insulin or blood thinners**, contact your provider about your medicines.
- Confirm your procedure date and arrival time.
- Eat your regular diet.
- Stop taking fish oil.

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 – 5 mg Bisacodyl tablets
- Four - 125 mg Simethicone tablets
- Two kits - SuPrep® Prescription Prep from your preferred pharmacy
- Clear liquids – see list below

THREE days before your procedure

8:00 am

- Take two 5 mg Bisacodyl tablets and drink one glass of fluid every hour while awake.

THREE days before your procedure

Start your prep today!
STOP eating SOLID FOOD. ONLY Drink the Prep and Fluids!

8:00 am (Kit 1 of 2)

- Open the SuPrep kit. Pour one (1) bottle of solution into the cup provided and fill with water. Drink over 30 minutes.
- Drink two (2) more cups of clear fluids over the next hour. Continue drinking clear fluid while awake.

5:00 p.m.

- Open the second SuPrep bottle repeat the steps to mix and drink the prep solution. Drink two (2) more cups of water.

ONE day before your procedure

DO NOT EAT ANY SOLID FOODS TODAY.
Continue CLEAR FLUIDS ALL DAY!

Follow your provider’s instructions about your medicines.

8:00 am (Kit 2 of 2)

- Open the second SuPrep kit and take out one SuPrep bottle and the cup.
- Pour the prep in to the cup and add water to the fill line. Drink over 30 minutes.
- Drink two (2) more cups of clear fluids over the next hour.
- Continue drinking clear fluids while awake.

5:00 pm

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

Procedure Day

DRINK ONLY THE PREP SOLUTION AND WATER TODAY!

FIVE (5) hours BEFORE your Scheduled procedure arrival time

(Kit 2 of 2)

- Pour the last bottle of SuPrep in to the cup. Fill the cup with water to the fill line. Drink 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 ALL fluids (four) 4 hours before your procedure time.**

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

***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/ice black or green tea.



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

