

## SUPREP SPLIT-DOSE INSTRUCTIONS (Preferred method)

### 5 Days Prior to the Procedure

Stop taking fish oil supplements. Begin a low-fiber diet, particularly avoiding nuts, seeds and fiber supplements. We recommend taking MiraLAX daily if you have any propensity to constipation.

Make sure that you have arranged a ride for the procedure day with a responsible adult. **All patients will be required to have an escort – YOU CANNOT DRIVE (or take a taxi without an escort).**

### 4 Days Prior to the Procedure

Make sure that your prescription for the bowel prep has been filled.

Be sure to let your provider know if you are on a blood thinner such as Coumadin, Xarelto, or Plavix; OR if you have diabetes. (You may continue once daily aspirin without interruption if this has been prescribed by your primary physician.)

Instructions if on a blood thinner other than aspirin: \_\_\_\_\_.

Instructions if diabetic: \_\_\_\_\_.

### Day before your procedure

You may eat a light, low fiber breakfast. After that, begin clear liquid diet as below. Stay well hydrated.

#### CLEAR LIQUID DIET (NO liquids with red, purple or blue dye.)

- Bouillon/Broth: chicken, beef or vegetable. (Buy the low sodium variety if you are on a salt-restricted diet.)
- Juice: apple juice, white cranberry juice, white grape juice
- Soda: sprite or 7-up
- Popsicles: orange, lime, lemon flavored
- Jell-O: orange, lime, lemon flavored
- Other: Water, Gatorade, Crystal lite, coffee, tea (Do NOT add milk, cream, or non-dairy creamer; you may add sugar or other sweeteners if desired.) Hard candy such as lifesavers, suckers, gummy bears are also okay. Please avoid alcohol.

#### \*\*At 5-6 PM the day before your procedure

Take the first 6 ounce bottle of SUPREP mixed with 10 oz. of water at 5-6 PM. Drink an additional 32 oz. of clear liquids over the next hour. In most cases, diarrhea should start within one hour of first dose. DO call our office at 425-467-0150 if you experience significant problems with your prep such as vomiting or lack of output within 4 hrs.

#### \*\*5-8 hours before the procedure

Take the second 6 ounce bottle of SUPREP mixed with 10 oz. of water 4-8 hours prior to your procedure. Drink an additional 32 oz. of clear liquids within one hour after finishing the solution. (YES, we do want you to take it late at night or early in the morning! It gives you the best possible prep, which allows us the best chance of finding any polyps.)

You may continue with the clear liquid diet and take any necessary medications until 2 hours before checking in for your procedure. **Within 2 hours of checking in for your procedure, do not put ANYTHING in your mouth. This includes water, gum, mints and lozenges.**

If you use a CPAP at night for sleep apnea, please bring it with you to your procedure.

If you use an inhaler for pulmonary disease, please bring it with you to your procedure.

### After the Procedure

**You will need someone to drive you home.** If you have not made arrangements, please be aware that your procedure will be rescheduled. You must not drive or operate heavy machinery for at least 12 hours after your examination. Alcohol and sedatives should be avoided for 24 hours after the procedure.