



**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 Clys Road
- Dayton** 1530 Needmore Road, Suite 100
- Huber Heights** 5697 Shull Road
- Springboro** 77 W. Eleanor Drive

### Colonoscopy Prep

1. SuPrep Bowel Prep Kit  
– prescription required
2. Dulcolax Laxative  
– 2 tablets
3. Simethicone 80 mg  
– 2 chewable tablets  
**Do not use Gas-X**

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

- Take heart, blood pressure or seizure medications with a small amount of water up to 2 hours before your procedure.
- For 7 days prior to your procedure stop taking iron supplements.
- For 3 days prior to your procedure avoid all high fiber foods especially **fresh fruits, fresh vegetables, nuts and seeds** and drink plenty of fluids to hydrate yourself.
- **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 \_\_\_\_\_ (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 **6:00PM** 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 6PM- 7PM** 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

- **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**
- Hard candies
- Soda pop
- Jell-O or popsicles
- **Nothing red or purple**
- **Nothing alcoholic**

**2<sup>nd</sup> 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)
- When finished with the last of the 32oz of clear liquids take the 2 chewable Simethicone 80 mg tablets.

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

