

## **2 Days Before Your Procedure:**

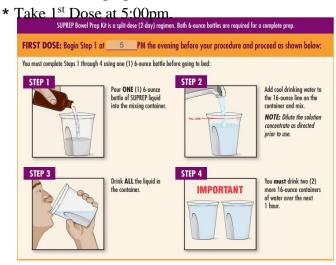
- \* Avoid nuts, seeds, and salads.
  - These can make it harder for your doctor to perform an accurate exam.
- \* Pick up your prescription (Suprep) from your pharmacy.

## **<u>1 Day Before Your Procedure:</u>**

- \* Follow a clear liquid diet as soon as you wake up.
- \* Drink lots of <u>clear liquids</u> to keep yourself hydrated!
- \* A <u>clear liquid diet</u> includes:
  - water
  - coffee (only if you must; limit to 8 oz. and must be black, no cream or non-dairy creamer, sugar is OK)
  - tea
  - soda/pop (no red dye)
  - broth
  - white grape juice
  - popsicles (no added fruit and no red dye)
  - Jell-O (no added fruit and no red dye)



\* Follow the Suprep Patient Instruction Sheet (enclosed with the kit):



## **Day of your Procedure:**

\* Take 2<sup>nd</sup> Dose <u>5hrs</u> before your appointment time.

 SECOND DOSE:
 your procedure and proceed as shown above:

 For this dose, repeat Steps 1 through 4 shown above using the other 6-ounce bottle.

 NOTE: You must finish drinking the final glass of water at least 2 hours, or as directed, before your colonoscopy.

- \* If you have an early morning procedure, you may have to wake up very early.
- \* You can continue to drink clear liquids up until 4 hours before your scheduled time.
- \* No solid foods!
- \* You may have a few sips of water only to take medications if need to.
- \* Keep an empty stomach.

Please continue blood pressure, cardiac, anticonvulsant, thyroid, neuromuscular and psych medications according to your normal schedule. If you take iron, diabetic medications, blood thinners or weight loss medications- oral or injectables, dosage adjustments are provided for you upon scheduling. Failing to stop these medications as directed before your procedure may result in anesthesia complications and possibly cancellation.

If you are unsure how to take your meds or have questions, please contact Huron Gastro 734-434-6262