

# Beverly Hills Digestive Care

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## Instructions for Colonoscopy -- SUPREP®

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Last Name, First

### One Week Before Procedure

1. Please stop taking any anti-inflammatory drugs including Aspirin, Motrin, Advil, Aleve, Naproxen or Ibuprofen for 7 days prior to your procedure.
2. Please stop Aspirin, Plavix, Ticlid, Vitamin E, Ginkgo Biloba, St. John's Wort and iron for 7 days prior to procedure unless instructed otherwise.

### - CLEAR LIQUID DIET -

◆Water, apple juice, grape juice, cranberry juice, Gatorade® drink, tea (hot or iced), coffee (no cream), broth, jell-o, popsicles, soft drinks, hard candy.  
◆Avoid products with red coloration.

### Three Days Before Procedure

Stop taking any seeds (i.e. flax seeds), nuts, or popcorn.

### Day Before Procedure

1. **Starting in the morning**, take ONLY clear liquids for breakfast, lunch and dinner. No Solid foods.
2. **At about 4 PM**, pour one 6-ounce bottle of SUPREP liquid into the mixing container and add water to the 16-ounce line on the container. Drink ALL the liquid in the container. Over the next hour, drink two more 16-ounce containers of water.
3. **At about 7 pm**, repeat with the second bottle of SUPREP and again follow with two additional 16-ounce container of water.
4. During the evening continue to have clear liquids to keep hydrated.
5. **Do not take anything by mouth after midnight.**

### Other instructions:

1. You may take your regular medications (e.g. for high blood pressure, heart medications, etc.) on the morning of your procedure with a sip of water, unless otherwise directed. Patients taking Insulin need instructions from their doctor.
2. You cannot drive yourself or take a taxi. Please be sure to have someone drive you to the surgery center and also take you home after the procedure.
3. Please call our office 24-48 hours prior to the procedure to confirm.

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Date and Time

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Location